

15th November 2019



Dear Parents

Our week began on a sombre note as we remembered all those who have given our lives for our country during our assembly as well as our 2 minute silence. We also remembered those who have been injured and their families whose lives have changed forever and during our prayers asked for peace – peace in our own lives and the lives of others. We were reminded of the hymn – 'let there be peace on earth and let it begin with ME'. This is something which we all have to consider.



### Governor Day

Thank you to our governors who gave so generously of their time on Monday. They spent the day in school, in class, talking with staff and children, having lunch with children and generally absorbing themselves into the life of our school. Governors also met for the termly main governing body meeting on Wednesday and discussed many issues including standards, finance and parish links.

### Parish Hall

Huge thanks to Mrs Selwood, Mr Canavan, Mr Underdown and others who are working so hard to transform our parish hall. They have organised a DIY SOS for Sunday 1st December. If you are able to help with painting the Parish Hall, please let the school office know.

### Parliament Workshop

Children in Years 5 and 6 took part in a parliament workshop on Monday which was organised by the parliament education service. What a time to be looking at this; so very topical! We discussed the organisation of parliament and the various political parties and took part in a range of activities to deepen understanding.



### Family Mass

We are celebrating Family Mass at Holy Cross Church on Sunday 24th November at 11.00. This will be the Feast of Christ The King and will be the last Sunday before Advent. It is so important that as many families as possible attend, we do need help with the following. Can you...

Provide home made cakes for refreshments after Mass

Help serve refreshments after Mass

Help with setting up refreshments before Mass

Encourage your child to come and sing in our Choir

We will also be asking for children to read in Mass and take part in the offertory procession.

Please contact Mrs Slater at school if you can help in any way. We look forward to seeing you there.

### Friends of Holy Cross (PTA) AGM

This has been organised for Thursday 21st November at 3.30 in our school hall. Many of our children will be attending to demonstrate the variety of ICT equipment that we have been able to purchase with funds raised by you all so please come along, support your children and stay for the meeting which will last no longer than an hour. We are all members of the Friends of Holy Cross and our children directly benefit from your involvement. Thank you.

### Football Tournament

On Friday 8th November the girls football team attended the Harlow finals at Passmores.

The team played very well in friendly matches last year and this was a great chance to show their skills. We had two very close games in our first group stage, both ending 0-0, we were very unlucky not to win the second game against Henry Moore who were the eventual winners, which shows how well we played. We ended up in 2nd place in due to a coin toss and the groups were re-pooled. We then lost 2-0 and then recorded a brilliant victory v Millwards in our final game with Oliwia N scoring two amazing goals!

Well done to all the girls involved who competed superbly and ended up with a record of played 4, won 1, drew 2 and lost 1. Some amazing play from everyone.



### Year 2 Football Festival

Two teams of year 2 children took part in a fun filled football festival at Passmores Academy today. Despite the very cold weather, both teams played really well and there were lots of goals and skills on show.







### Shoe Box Collection/ Operation Christmas Child

Leaflets have been given to the children this week. Please ensure boxes are returned to school by Monday 25th November for collection.

Unfortunately this year we can no longer include sweet or toothpaste due to import regulations. Please give if you can as this small act of kindness will mean everything to an underprivileged child.



### Gospel Values Awards

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

1D: Isabella Cundins

1S: Violet Aldous

2HD: Natalie Harmas

2TE: Ema Maleckaite

3N: Ena Bulmuo

3P: Farrah Kent

4A: Daniel Owusu

4C: Lucy Philpot

5G: Emilia Hyde

5S: Seren Bliss Feast

6E: Arthur Collusi

6N: Olive Smith



## ATTENDANCE MATTERS

Congratulations to **1S** and **2TE**, joint winners of the KS1 Attendance Award for this week with a **98%**. The winners of the KS2 Attendance Award is **6E**, who also attained a fantastic **100%** 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	94%
R L	97%
1D	92%
1S	98%
2HD	97%
2TE	98%
3N	97%
3P	95%
4A	94%
4C	96%
5G	93%
5S	96%
<b>6E</b>	<b>100%</b>
6N	95%





'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.



## What parents need to know about **SADFISHING**



### ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

### SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.



### OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

### BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.



## Safety Tips For Parents

### A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.



### ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.



### POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.



### PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.



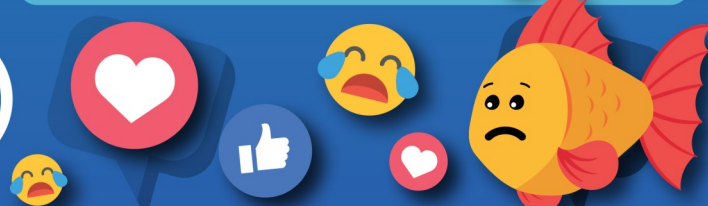
### TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.



## 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.



SOURCES: <https://www.digitalawarenessuk.com/>, <https://www.rspg.org.uk/our-work/campaigns/status-of-mind.html>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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



Preparing for the Mass of Sunday 17<sup>th</sup> November 2019 - The Thirty Third 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 17<sup>th</sup> November 2019 (Luke 21:5-19): Perseverance

When some were talking about the Temple, remarking how it was adorned with fine stonework and votive offerings, Jesus said, "All these things you are staring at now - the time will come when not a single stone will be left on another: everything will be destroyed." And they put to him this question: "Master," they said, "when will this happen, then, and what sign will there be that this is about to take place?" "Take care not to be deceived," he said, "because many will come using my name and saying, 'I am he' and 'The time is near at hand'. Refuse to join them. And when you hear of wars and revolutions, do not be frightened, for this is something that must happen but the end is not so soon." Then he said to them, "Nation will fight against nation, and kingdom against kingdom. There will be great earthquakes and plagues and famines here and there; there will be fearful sights and great signs from heaven. But before all this happens, men will seize you and persecute you; they will hand you over to the synagogues and to imprisonment, and bring you before kings and governors because of my name - and that will be your opportunity to bear witness. Keep this carefully in mind: you are not to prepare your defence, because I myself shall give you an eloquence and a wisdom that none of your opponents will be able to resist or contradict. You will be betrayed even by parents and brothers, relations and friends; and some of you will be put to death. You will be hated by all men on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives."

## 3 Reflect

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

*Luke was writing his gospel after the devastation of Jerusalem by the Roman armies in 70 AD, and the way he frames the words of Jesus suggests that he had witnessed the devastation. Massive blocks of stone, thrown down from the walls, are still lying there as they fell, scattered at the base of the Temple. The message of this passage is, then, the same as Paul's in today's second reading: the end is sure, but is not yet. Jesus prepares his followers for what is to come before the cataclysmic finale. He warns against false Messiahs, political leaders or other saviour-figures who claim to 'put the world to rights'. His followers will be continually challenged to give an account of their beliefs, harassed and martyred in every age, betrayed by those they thought their friends. There is a promise that Jesus will provide the words and wisdom for Christians to make a reply to their persecutors; there is a promise too of protection from real harm - but there is no promise that it will be a quiet and easy life. A constant theme in Luke's Good News is that the followers of Jesus must follow him in his difficulties and trials. Only with like endurance will they stay true to him and keep in his footsteps.*

**Reflection:** Recall an occasion when the Lord gave you wisdom beyond your own.

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 17<sup>th</sup> November 2019



## First Reading: *Burning like an Oven*

### Malachi 3:19-20

The day is coming now, burning like a furnace; and all the arrogant and the evil-doers will be like stubble. The day that is coming is going to burn them up, says the Lord of hosts, leaving them neither root nor stalk. But for you who fear my name, the sun of righteousness will shine out with healing in its rays.

Each year the Church takes the opportunity at the end of the liturgical season to remind us that the Day of the Lord is coming. This 'Day of the Lord' has several different meanings, depending on context. In the Old Testament it was the great and terrible day, pictured in ever more catastrophic cosmic images, when the Lord would come to set right all injustice. In today's world this would be some upheaval! Rags to riches, riches to rags, slumdog millionaires, emperors wearing no clothes! Then Jesus came, declaring that the Kingdom was at hand, that the Day was dawning. And so it did - at the Hour of Jesus, completed on the first Easter Sunday, when the world and life were changed for ever. Yet in another sense, at another level, the Day is still to come. Christians are different from every other people, in that we live in expectation, in the knowledge that at some time everything will be brought to completion. The sun of righteousness shall rise, with healing in its wings. Christ will hand over the Kingdom to his Father, having put all things under his feet, even the last enemy, death. This is the end to which we believe all history is pointing.

**What do you understand by 'The Day of the Lord'?**

## Second Reading: *Keep Busy*

### 2 Thessalonians 3:7-12

You know how you are supposed to imitate us: now we were not idle when we were with you, nor did we ever have our meals at anyone's table without paying for them; no, we worked night and day, slaving and straining, so as not to be a burden on any of you. This was not because we had no right to be, but in order to make ourselves an example for you to follow. We gave you a rule when we were with you: not to let anyone have any food if he refused to do any work. Now we hear that there are some of you who are living in idleness, doing no work themselves but interfering with everyone else's. In the Lord Jesus Christ, we order and call on people of this kind to go on quietly working and earning the food that they eat.

“We don't get any nearer perfection... simply by sitting and waiting.”

In his earlier letter to the Thessalonians Paul had warned them that the Day would come 'like a thief in the night', like an unexpected trap suddenly sprung. The recipients of the letter seem to have been so panicked that some simply downed tools and sat waiting. So now Paul chides them that anyone who does not work should not eat either. The charge of 'idleness' is not to be understood only on a literal level but on a symbolic level too. Paul himself not only worked to earn his bread and butter by his leather-working but also worked to set the fire of the Gospel alight all around the eastern Mediterranean. In all his writings he is acutely aware of the pressure from the end-point, from that Day of the Lord, although he has no idea when it will come. We don't get any nearer perfection, or any nearer the state in which we would like the Lord to find us, simply by sitting and waiting. Even those who are chair-bound, and can indeed only sit and wait, are able at the same time mightily to advance the Kingdom by bringing the light and joy of Christ to their surroundings.

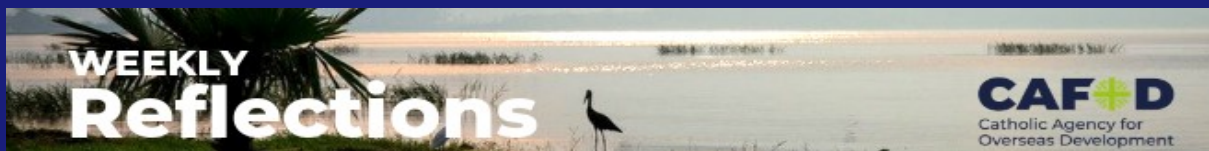
**What should we do to prepare for 'The Day of the Lord'?**

**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)

# RELIGIOUS LIFE AT HOLY CROSS



Based on the gospel for Sunday 17 November - Luke 21:5-19

"There will be great earthquakes and plagues and famines in various places; there will be terrifying events and great signs from heaven."

This passage could be describing events happening today - wars, rebellions, the earth itself in tumult with earthquakes, famine, disaster in the Amazon and climate change a worldwide emergency. For us, it is important to look at these signs and become more aware of our part in bringing them about. As part of our repentance we can acknowledge our responsibility as global citizens and try to repair the damage done.

In this reading, Jesus also describes martyrdom and torture as tests of discipleship. These are also present in our age - people in many countries are put to the test. But more deadly for us here in England and Wales are the mountains of indifference we encounter daily. This indifference to God and to our neighbour demands that we be even more ready and active to spread the gospel, no matter the cost to ourselves.

Jesus will give us the wisdom and eloquence to stand firm in the face of indifference or adversity, and to be ready to bear witness by our love and care for those who are poor and marginalised.

Eternal God, our world seems full of struggles and unrest, the gap between rich and poor is becoming wider, and countries close their borders to those seeking a better life. And so, we pray for greater compassion. May all be comforted, helped and strengthened by our prayers and actions. We ask this in Jesus' name. Amen.

## The Words of Pope Francis

Let's not forget that the names of our poorest brothers and sisters, written in heaven, have this inscription next to them: these are the blessed ones of my Father.





Happy Birthday to... Korneliusz Adamczak, Cathal O'Donovan, Archie Vetori, Layla Still, Olivia Jarczewska, Ellis Kanio, Evie Baker, Rose Dunn, Hayley Ranathunga



### Merit Certificates:

- 1D: Marshall Pavelin, for his great writing about our school trip
- 1S: Mahayla Hackett, for writing a fabulous recount about our school trip
- 2HD: Olivia Jarczewska, for working hard on 'time' this week
- 2TE: Faith Williams, for excellent effort writing sentences
- 3N: Conor O'Rourke, for writing an excellent report on the Roman Army
- 3P: Katie Johns, for working really hard in all areas and trying her best in everything
- 4A: Nina KraOa, for trying hard in all subjects this week
- 4C: Cian Hanifin-Flynn, for amazing perimeter work in maths
- 5G: Oliver Martino, for settling well and making valuable contributions to our class discussions
- 5S: Aleigha Twomey, for her fantastic contributions to class discussions and collective worship
- 6E: Liam Canavan, for excellent numeracy work this week
- 6N: James Kelly, for excellent maths work this week. Well done!

### Learning

Mentor: George Cundins, Jenna Bennett, Cora Laporte and Seren Bliss Feast, for their help, labelling all the bins in school for our Eco work.

### House Points

**Congratulations to the winning house St Patrick**

## Diary Dates

### Menu Week 1

<u>Monday 18th November</u>	<u>Tuesday 19th November</u>	<u>Wednesday 20th November</u>	<u>Thursday 21st November</u>	<u>Friday 22nd November</u>
Be Still Club lunchtime	Choir 3.15 - 4.20	KS2 Football 3.15 - 4.15	Choir 3.15 - 4.20	Flu Immunisations (Year 3 Monday 25th November)
Year 1 & 2 Mass 2.00	Football Team Training 3.15 - 4.30	KS1 Football 3.15 - 4.15	KS2 Chess 3.15 - 4.15	Year 3 Trip, Colchester Castle
KS2 Spanish 3.15 - 4.15	KS1 Cosmic Yoga / Just Dance 3.15 - 4.00	Karate 3.15 - 4.15	KS2 Drama 3.15 - 4.15	6N Class Assembly 2.40
KS2 Homework 3.15 - 4.15	KS2 Code 3.15 - 4.30		Friends of Holy Cross AGM 3.30	
	KS2 Dodgeball 3.15 - 4.15			

*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](http://www.holycross-pri.essex.sch.uk)

*Seew Kelliher*

Mr S Kelliher

Deputy Headteacher