

### Dear Parents

There has been plenty going on this week with trips and visitors. Thank you to all staff and volunteers helping with the Year 3 visit to The National Gallery, the Year 5 trip to The Natural History Museum, the Year 4 chocolate workshop, the Year 2 'Oliver's Vegetables' Party, the KS1 Around the World workshop and the two Valentines discos.

### WhatsApp

We are sending you a copy of guidance for WhatsApp as we have been made aware of children accessing this platform and misusing the facility - effectively posting hurtful and unkind comments about other children. Please go over this information with your children as we all need to use social media with care and understanding; it is worth making note that WhatsApp has a minimum age of use listed as 16 years!

It is so hurtful and harmful when such comments are made online so this information will be useful for us all - adults and children alike.

### Ash Wednesday Mass

Please join us at Mass on Wednesday 26th February at 9.30 to mark the beginning of Lent.

### Harlow Schools Football League

Well done to our year 6 football team who were at Passmores competing in the Harlow schools league today. The team played superbly and won 2 matches, St Lukes 4 - 0 and The Downs 1 - 0. We then drew 1-1 with William Martin. At the halfway point we are in the top two of the group.





### Oliver's Vegetables Party

Year 2 finished their Oliver's vegetables topic by making party hats, wrapping presents and making healthy food for their party on Tuesday.

The children enjoyed the party games and trying all the healthy food that they had made.

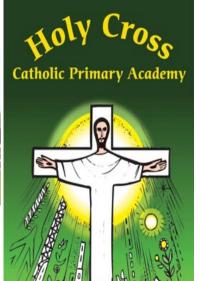
### Archery Festival

A very busy, fun filled time was had by all at the Archery Festival at Mark Hall school last Friday.

The children were taught new skills, how to hold the bow and fire the arrows, then were able to practise their new skills in a series of competitive matches against schools from all over Harlow.

There were 32 teams in all and our teams were complimented on their good behaviour. Well done to you all!





### Around the World Workshop

On Thursday, children in Reception, Year 1 and Year 2 enjoyed an 'Around the World' workshop. They jumped on a plane and flew off round the world to look for the hidden treasure. They also learnt how to say hello in many different languages including Japanese, German, French and many more. The children had a great time. Thank you to Drama4all for a fantastic morning.





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



Butterflies: Parker Loughran-Ricketts Ladybirds: Filip Ostrowska

1D: Justin Nguyen 2HD: Amelia Randle 3CK: Dominic Marshall 4A: Beau Walsh 5G: Ife Ihekaigbo

6E: Marleaha Hackett

1S: Cristiana Sirghe
2TE: Ronnie White
3N: Christopher Annobil
4C: Sebastian Darlea
5S: Ekuba Insaidoo
6N: Leah Still

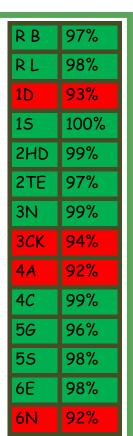
# ATTENDANCE MATTERS

Congratulations to **1S**, winners of the KS1 Attendance Award for this week with an amazing **100%**. The winners of the KS2 Attendance Award are **3N** and **4C**, 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.



# Half Term Fun Tye Green Library

Tuesday 18 February, 11am-1pm



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

> The Diana Award definition of bullying is "repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." Cyberbullying is bullying which takes place online. It can

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And parent groups as the can sometimes be abused.

# What parents need to know about 00 NEWS

### AGE LIMIT CHANGE

AGE LIMIT CHANGE ince May 2018, the minimum age for using WhatsApp is 16 ears old if you live in the European Union, including the UK, rior to this, the minimum age was 13, which still applies for to rest of the world. WhatsApp has not yet stated whether it ill take action against anyone aged between 13 and 16 who arready hold accounts under the old terms and conditions, uch as closing their account or seeking parental permission.

#### SCAM MESSAGES

asionally on WhatsApp, people receive spam messa from unauthorised third parties or from fraudsters etending to offer prizes to 'lucky people,' encouragi s messages warning recipients that their Whats ription has run out with the hope that people I into providing their payment details. Other sa ges include instructions to forward the more sa

ward or gift from WhatsApp or anot

WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app

offers end-to-end encryption, which means that message can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.

FAKE NEWS AND HOAXES WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING Cyberbullying is the act of sending threatening or ta text messages, poice messages, pictures and videos, v aim to hurt and humiliate the receiver. The group ch group video call features are great for multiple people eceiven eat for multiple tential for peop tential dr no can

send messages. Whilst this can be good for one-way nouncements, the group admin has the power to blo

### **CONNECTING WITH STRANGERS**

₩ Harver who wants to tag along is more than welcome

Whit. 

RESTRICT

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To start a chain WhatsApp, you need to know the mobil number of the contact you want to speak to and they also n to have the app downloaded. WhatsApp can find contacts accessing the address book of a device and recognising wh ne address book of a device and recognising ntacts are using WhatsApp. If your child has number with some- body they don't know, use it to get in touch via WhatsApp.

LIVE LOCATION SHARING WhatsApp's' Live Location' feature enables users to sh current location in real time to their contacts in a chai, friends to show their movements. The feature, which found by pressing the 'attach' button, is described by as a "simple and secure way to let people know where location-staring is already a common feature on oth apps, including Snapchat's Snap Map and Facebook Me and can be a useful way for a child to let loved ones kn are safe. However, if your child is in a group chat with they do not know, they will be exposing their location

### line Safety

National

### **CREATE A SAFE PROFILE**

en though somebody would need your child's phone numbe to add them as a contact, as an extra security measure we uggest altering their profile settings to control who can see eir profile photo and status. The options to choose from are reryone,''My Contacts' and 'Nobody'. We suggest selecting 'M Contacts' or 'Nobody' to ensure their profile is protected.

#### **EXPLAIN HOW TO BLOCK PEOPLE**

If your child has received spam or off nessages, calls or attachments from a

### **REPORT SCAM MESSAGES**

REPORT SCANN INESSAGES Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2)Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'

#### **LEAVE A GROUP**

If your child is part of a group chat that makes them feel comfortable or has been added to a group they don't want to e part of, use the group's settings to show them how to leave. someone exits a group, the admin can add them back in once If they leave again, they cannot be added again

### **USING LIVE LOCATION SAFELY**

If your child needs to use the 'Live Location' feature to share ith you or a friend, advise them to only share it for the amour of time they need to. WhatsApp gives the options of either 15 inutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

or Paren

DELETE ACCIDENTAL MESSAGES If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone.' The app allows seven minutes to delete t n 'Delete for tes to delete t ne.' The app allows seven minutes to delete the ge after it has been sent, but it is important to r that recipients may have seen and screenshot message before it was deleted.

### SET TIME LIMITS

A 2017 study found that by the age of 14 the average of will have sent more than 35,000 texts, 30,000 WhatsA messages and racked up more than three solid weeks video chat. Although it is inevitable that your child wil technology, you can still set boundaries. This is not et especially since teens use their devices for both tsApp eks of



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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** PEARAN

### **ONLINE APPEARANCE AND MENTAL HEALTH**

ps is creating a high level of perfectionism for children to por This can lead to anxiety, depression and poor self-image and way that your child interacts with others and how we care fo

#### **AIRBRUSHING**

rs to the retouch

#### **APPS WHICH CHANGE APPEARANCE**





**FILTERS** 

### **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?
 How often do they talk about wanting to gain comments and 'likes'?
 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

**CHANGE THE STORY** 



## **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



### **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 wipe board where you write down things that you are grateful for or appreciate. This could range from the

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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 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.

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.











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### RELIGIOUS LIFE AT HOLY CROSS



### Based on the gospel for Sunday 16 February – Matthew 5: 17-37

"Go and be reconciled with your brother first"

I am terrible at letting go of a grudge after an argument. I find it difficult to forgive quickly and to swallow my pride. It is all too easy to put blame on others.

In Matthew's Gospel, Jesus challenges us to settle our disagreements with our brothers and sisters as soon as possible. Both our brothers and sisters locally and our global family.

In a society that seems like it is becoming increasingly divided, this is a hard challenge. It could be easy to close ourselves off from those we disagree with.

However, in the face of current global problems, we need to learn to reconcile our differences.

In November, world leaders will be coming to the UK for the UN climate talks. It is important that leaders work together to overcome differences and put the interests of the common good first.

To ensure everyone can flourish we need to work together to restore God's precious gift of creation, enable people to adapt to a warming world and stop the climate crisis from getting worse.

Lord, please grant us the humility to reconcile our differences and work towards the common good.

Amen.



### The Words of Pope Francis

Working together to practice hospitality, especially towards those whose lives are most vulnerable, will make us better human beings, better disciples, and a more united Christian people. #General Audience

### Wednesday 12th February 2020 - A WEEKLY PRAYER CUSTOM



Celebrating the Year of the Word with The Wednesday Word. Lectio Divina – prayerfully preparing for the Sunday Mass.



### Preparing for the Mass of Sunday 16<sup>th</sup> February 2020 - The Sixth Sunday in Ordinary Time

### 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.



### Read

# Taken from the Gospel for Sunday 16<sup>th</sup> February 2020 - Jesus Teaches the True Meaning of the Law (Matthew 5:20-22.27-28.33-34.37)

Jesus said to his disciples, 'I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven. You have learnt how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court. You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart. Again, you have learnt how it was said to our ancestors: You must not break your oath, but must fulfil your oaths to the Lord. But I say this to you: do not swear at all. All you need say is "Yes" if you mean no; anything more than this comes from the evil one.'

## Reflect

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

Jesus is the completion of the Law of God, given to Israel through Moses. He has come not to sweep it away but to perfect it. In this part of the Sermon on the Mount, Matthew has gathered together six instances (four this week, two in next Sunday's Gospel) of the ways in which Jesus brings the Law to perfection. The first factor to notice, however, is that Jesus does not hesitate to adjust the divine Law on his own authority, for he too has divine authority. Each amendment begins with a statement of the Old Law and boldly goes on, 'But I say this to you...'. Each of the alterations has its own character. The first is about enmity, the sixth about love. About enmity, it is not enough merely to forego violent injury; we must even expel enmity from our hearts, positively seeking reconciliation, whether the offence is our fault or not. About lust, it is similarly not enough to forego acts of lust; we must not even harbour such thoughts in our hearts. About truth, it is not enough to keep a legal oath; we must be people whose every word can be relied upon. These are Jesus' demanding standards.

Have I allowed any enmity to fester? Can I solve it now? Am I a person whose every word can be trusted as true?

**Dom Henry Wansbrough OSB** 

### 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

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# WEDNESDAY WORD PLUS +

Fr Henry's reflections on the first and second readings of Sunday 16th February 2020

### First Reading: Contrasts

### **Ecclesiasticus 15:15-20**

If you wish, you can keep the commandments; to behave faithfully is within your power. He has set fire and water before you; put out your hand to whichever you prefer. Man has life and death before him; whichever a man likes better will be given him. For vast is the wisdom of the Lord; he is almighty and all-seeing. His eyes are on those who fear him; he notes every action of man. He never commanded anyone to be godless; he has given no one permission to sin.

Readings from Ecclesiasticus are rare occurrences in the Sunday cycle: it is good to remind ourselves of the origin of the book. It is one of the Wisdom Books of the Bible, written towards the end of the Old Testament period, when prophecy had come to an end. The fierce corrections of the prophets and their inspiring promises of coming salvation were no more, and the word of the Lord came in collections of wise sayings to guide conduct, inspired by acute awareness that the Lord was the source of all wisdom. This collection of wisdom was brought together by a sage and experienced scribe of the Law at Jerusalem named Ben Sira. It was taken by the author's grandson to Alexandria in Egypt and translated into Greek for the Greek-speaking Jews there. Only recently have manuscripts been discovered containing most of the Hebrew original. In today's passage Ben Sira sets out the contrasting choices which face us, to which we can freely reach out our hands. It is one of the chief passages in the Bible which stresses our own free will. Of our own volition we may turn to good or to ill. God calls for our love and response, but does not force us, for love must be a free act.

How can I freely express my love for God and for his loving plan?

### Second Reading: The Hidden Wisdom of God

### 1 Corinthians 2:6-10

We have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him. These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the depths of God.

We are assured by the Spirit of God that there is a meaning [to life], and that this meaning is for our glory.

Among the recipients of this letter of Paul's were philosophers who prided themselves on their wisdom, the Greek understanding of the nature of things and the structure of the universe. The wisdom which Paul teaches is beyond human understanding. What, then, is the point of it? Firstly, it concerns the mystery hidden throughout the earlier history of the world and of humankind. The plan of God has been working itself out throughout the history, throughout the affectionate, the tender, the forgiving dealings of God with human beings. But it has been made clear only by the coming of Christ into human history as the keystone which makes sense of the whole structure. Secondly, we can still not fully understand it. We still have not fathomed the meaning of life and all its strange and unpredictable twistings and turnings. And yet we are assured by the Spirit of God that there is a meaning, and that this meaning is for our glory. Whatever goes wrong, as well as whatever goes right is, by God's grace, so arranged for our glory. Thirdly, this same Spirit which penetrates the meaning of everything, even the depths of God, is the divine Spirit which lives in us and informs us as Christians.

What seeming disasters in your life have in fact turned out to be part of the saving plan of God for you?

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

Happy Birthday to... Lola Andrews-Clark, Andrew Burns, Clara Corrigan, Szymon Janczewski



### Merit Certificates:

Butterflies: Oliver Danel, for working very well to write his name, forming all letters correctly

- Ladybirds: Barry Tanu, for making progress with his reading
- 1D: Edward Guna, for his fantastic pattern printing
- 15: Sophie Philpot, for excellent descriptive writing
- 2HD: Araibella Morgan, for working hard in numeracy
- 2TE: Aimee Kuttin, for bringing in extra maths work from home
- 3CK: James Harten, for always being respectful to adults and peers
- 3N: The whole class, no class has ever made me feel so proud!
- 4A: Finley Fitzgerald, for great contributions during class discussion on Safer Internet Day
- 4C: Jan Bubetty, for excellent maths problem solving skills
- 5G: Lola McGhee, for her excellent effort and understanding of Buddhism
- 5S: Evie Hannay-Spalding, for her perseverance and great attitude to learning and for her excellent painting technique
- 6E: George Cundins, for excellent writing in Literacy
- 6N: Szymon Budzynski-Wajda, for always trying his best in everything that we do

Learning Mentor: Ife Ihekaigbo, for being a wonderful role model to his peers

### Forest School: Beau Walsh

### **Diary Dates**

### Menu Week 3

Monday 24th February Inset Day school closed!

### Tuesday 25th February Choir 3 15 - 4 20 KS2 Homework 3.15-4.15 Phonics 3.15 - 4.00 KS2 Dodgeball 3.15 4.15

Year 6 SATs Boosters 3.15 - 4.15

### **House Points**

Congratulations to the winning house St George

### Wednesday 26th February Thursday 27th February

Ash Wednesday Mass 9.30 Newspaper Club lunchtime Karate 3.15 - 4.15 KS2 Netball 3.15 - 4.15 KS1 Football 3.15 - 4.15

3N Library visit **3P Library Visit** Chess Club 12.00 - 12.45 Choir 3.15 - 4.20 Phonics 3.15 - 4.00 Football Team Training 3.15 - 4.30 KS1 Cosmic Yoga 3.15 - 4.00 KS1 Dance 3.15 - 4.15

### Friday 28th February 4A Assembly 2.40 Karate 3.15 - 4.15

KS2 Football 3.15 - 4.15

S. Miguago

Miss S McGuiggan

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

Steen V.Ehlm

Mr S Kelliher **Deputy Headteacher**