

6th May 2022



Newsletter

Dear Parents and Carers,



This weekend is the first of two where our children will take an important step in their faith journey. We are delighted that due to the number of children receiving the Sacrament of their First Holy Communion that it will be taking place over two weekends. Thank you to the Catechists and parents who have helped prepare the children to receive this Sacrament.

We wish you an enjoyable weekend.

Thanksgiving Mass

A Thanksgiving Mass for Miss McGuiggan was held on Saturday evening at Holy Cross Church during which a memorial plaque was placed by the entrance and blessed by Father Bernard.

Our Chair of Governors, Mrs. Selwood thanked all who were able to attend to celebrate Miss McGuiggan's legacy and addressed the congregation:

"I was already at Holy Cross when Sue joined our community. Working alongside her in many different roles throughout the years, I have lots of memories and conversations which I can draw upon to help me conduct the tasks I need to do in my position as Chair of Governors. I am sure that many of you will have your own memories from which you draw inspiration. The Governors wanted this Thanksgiving Mass so that our Holy Cross community could give thanks to God for Sue joining our school and parish. She encouraged all to be richer in their faith and learning. This would often be done quietly in the background, through an observation that would be followed up by an action or a private word. Sue would often talk to the children about being people of J.O.Y. Putting Jesus first in their life, others next and finally yourself. I believe that Sue lived this every day and I ask God to encourage us to do the same as we continue on our journey."



Key Stage 2 SATs

Our Year 6 children will be sitting their SATs next week. It is important to remember that we just ask for children to do their best and to be proud of their achievements. Good luck Year 6.



Month of Mary

May is a month devoted to the Blessed Virgin Mary. Children were taught how to pray the Rosary at a special assembly on Tuesday morning led by Ms. Nabil. We will also be remembering Our Lady in our Marian Procession which is being held on Monday 16th May at 9.30am.

The Essex Year of Reading

This is a countywide campaign created to help children and young people discover a love of reading and ensure every Essex child can read at their age level or better.

The campaign is part of a programme to address the short and long-term impact of Covid-19 on children and young people's education and the missed opportunities caused by the pandemic.

The Essex Year of Reading app will inspire you or your child to read with confidence. The free digital library can be used to enjoy immersive audio readings, animations, quizzes and download texts to read offline anytime, anywhere.

Download the free app by scanning the QR code here.



ATTENDANCE MATTERS

The joint winners of the KS1 Attendance Award are 1S, for second consecutive week and 2HD attaining 97% attendance. Well done! The winners of the KS2 Attendance Award are 6CN, achieving a fantastic 100%. 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**.

Familiarise yourself with the symptoms of COVID 19. If your child displays any COVID 19 symptoms they must have a negative test before they may attend school. There is no need to keep your child off with a common cold, if they are well enough to come in.

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.

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

RB	92%
RL	91%
1DG	90%
1S	97%
2HD	97%
2PT	87%
3N	96%
3R	99%
4C	96%
4E	96%
5G	99%
5S	88%
6CN	100%
6E	93%



Times Tables Rockstars

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

1A: Dominic Annobil

2HD: Oliver Danel

3N: David Owolabi

4C: Filip Skowron

5G: Lehna Ajong

6CN: Szymon Janczewski

1S: Blousey McQuillan-Clark

2PT: Pola Chrapek

3R: Ella Stopplecamp

4E: Layla Santos-Ebejer

5S: Maame-Yaa Prempeh

6E: Naavah Dixon

Gospel Values Awards

The Gospel Value this week is...

Compassion

- kindness, service of neighbour

"When the Lord saw her, he had compassion for her." (7:13), Good Samaritan (10:36)

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



Butterflies: Elaeh Robson

1A: Roman Kelly

2HD: Paris Goddard

3N: Indie Bennett

4C: Mason Thompson

5G: Christopher Annobil

6CN: Gabriel Esposito

Ladybirds: Olivia Colussi

1S: Tawana Agyare

2PT: Diale Ebhabha

3R: Giuseppe Portaro

4E: Harvey Driscoll

5S: Karmella Marriot

6E: Gabrielus Meskinis

LONELINESS ONLINE:

What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat

WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ✓ Tell a friend or a trusted adult that you feel lonely
- ✓ Watch funny videos of cats and pandas
- ✓ Watch yoga videos and do some exercises
- ✓ Play single-player games you enjoy
- ✓ Listen to happy music
- ✓ Listen to your favourite audiobooks
- ✓ Send nice messages to your friends and family
- ✓ Play games with friends who you trust, if they're online too

FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111

TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ✓ Paint or draw pictures
- ✓ Play with a pet
- ✓ Write about your feelings
- ✓ Hang out with your family
- ✓ Get outdoors & enjoy nature



National Online Safety®

#WakeUpWednesday



www.nationalonlinesafety.com



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[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.05.2022

What Parents & Carers Need to Know about YOUTUBE KIDS

YouTube Kids is a child-friendly version of YouTube which offers a colourful and easy-to-navigate environment that's suitable for young children. This app is easily accessible and available for mobile devices, which can be downloaded without needing the YouTube app on the device. Despite YouTube Kids seeming like a very child-friendly platform, it has raised concerns over its advertising and inappropriate content seeping through the curation process.

SETTING UP

1 Download the YouTube Kids app and connect your own YouTube channel.

2 Input your child's name, age and birth month.

3 Select the types of videos you want to include for your child based on their age and your own personal choice.

4 If you decide to approve the content yourself, the app will present you with sample videos for you to accept and reject.

5 Once you've made your choice, you're ready to use the app!

Advice for Parents & Carers

REMOVE ADVERTISEMENTS

Like YouTube, adverts on YouTube Kids are also quite pervasive. If you decide you don't want your child being exposed to adverts, you can subscribe to YouTube Premium which will remove adverts on YouTube Kids. However, it's worth remembering that this doesn't block adverts that content creators decide to make as part of their content, and children are still able to access channels from branded fast food or toy companies.

BE WARY OF UNSUITABLE CONTENT

YouTube Kids has a far lower chance of showing unsuitable material than YouTube, but there are still reports of malicious users deliberately uploading inappropriate content. It's important that your child feels able to talk to you if they were ever exposed to upsetting content in the future. It's also safest to report inappropriate videos: tap the three dots in the corner of the video and select 'Report'.

DISABLE SEARCH OPTION

YouTube Kids allows you to disable the search feature, which you may find useful in preventing your child from unintentionally finding age-inappropriate content. Doing this will also give you more control over what your child is watching. It's also worth noting that setting an age limit will ensure that your child is only exposed to recommended videos that are deemed suitable for their age group.

RESTRICT VIEWING TIME

The YouTube Kids app provides you with the option of setting up a timer to monitor and limit your child's daily usage, which automatically stops the video when it reaches the set time. It may be best to make use of this feature to prevent screen addiction - which can potentially lead to children staying up too late, affecting their mood and concentration the following day.

MONITOR WATCH HISTORY

YouTube Kids has also made it possible for parents and carers to see what their children are watching on the app by clicking on the 'Recommended' icon on the top right of the home screen. It may also be worth having a look at what your child has recently watched by clicking on their history tab. The red bar on the video shows how much of the video has been watched.

WATCH TOGETHER

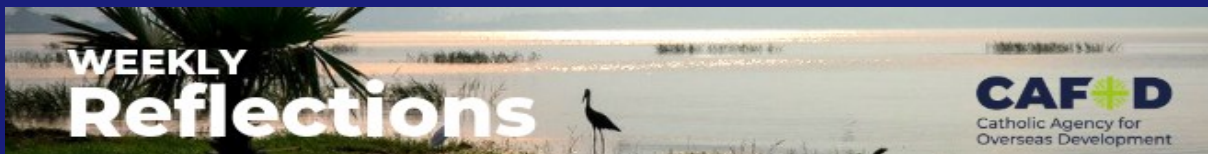
It's important to make YouTube Kids a fun and positive experience for your child. This may require spending time finding channels and content that you and your child will enjoy and benefit from. Try introducing family sessions where you can share the most enjoyable videos that you and your child have recently watched. This can be a great way of giving you and your child many new things to talk about with each other.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



RELIGIOUS LIFE AT HOLY CROSS



Based on the gospel for Sunday 8 May, Fourth Sunday of Easter: John 10:27-30

"The sheep that belong to me listen to my voice."

Just as the sheep in our fields are marked with the sign of their owner, we are branded with the sign of the cross at our baptism to show that we belong to Christ. Since we belong to Christ, we are known by him. We matter, we are not nobodies, but we need to listen to him.

There are so many different voices competing for our attention: family, friends, news reports, social media; that it is easy to get lost and confused in the cacophony. We need to press pause and create space, to attend to the voice of the Good Shepherd who speaks to us in prayer and the Scriptures.

If we block out all the superficial background noise, including that of our own ego, we will be able to hear the "still, small voice of calm" calling us to reorder our lives and attend to what really matters.

Then following Christ and filled with his Spirit, his mission becomes our mission: to bring good news to the afflicted, proclaim liberty to captives, sight to the blind and let the oppressed go free. To establish justice and peace in our world.

Good Shepherd,
lead us and guide us so that we may follow your way in our lives.
Protect us and encourage us when the path is difficult
and lift us up when we stumble.
Amen.



The Words of Pope Francis

In this month dedicated to the Virgin Mary, let us learn from her that prayer is the best weapon of Christian life, without persistent prayer, no victory over evil is possible

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

THE Wednesday
WORD



SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

This Sunday is traditionally known as 'Good Shepherd Sunday'. The Gospel reminds us that Jesus is the Good Shepherd and that, if we listen to him, we can rely on him to guide our lives in the right direction.

Sheep are so unpredictable and undependable. They are easily startled and often run in the wrong direction, appearing constantly to change their mind. Sometimes we too can head in the wrong direction and we need help to keep our lives on the right path.

Wednesday 4th May 2022

Jesus is the patient shepherd who never gives up on us. He came so that we could experience the fullness of life here, and to lead us into the joys of eternal life.

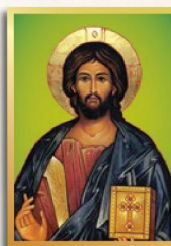
Enjoy a special time together this evening, hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **LIFE**.

Dom Henry Wansbrough



To see this week's Parish Version of The Wednesday Word: wednesdayword.org - Parents' Pages - Lectio Divina with Fr Henry.

THE GOSPEL IN CHURCH Sunday 8th May 2022



Jesus said, "The sheep that belong to me listen to my voice; I know them and they follow me. I give them eternal life; they will never be lost and no one will ever steal them from me. The Father who gave them to me is greater than anyone, and no one can steal from the Father. The Father and I are one."

Adapted from
John 10:27-30 (the 4th Sunday of Easter, Year C)

**Everyone can learn more about this Gospel
in Church - all are warmly invited.**

"Life is a gift from God. The voice of Jesus is unmistakable! He guides us along the path of life." Pope Francis



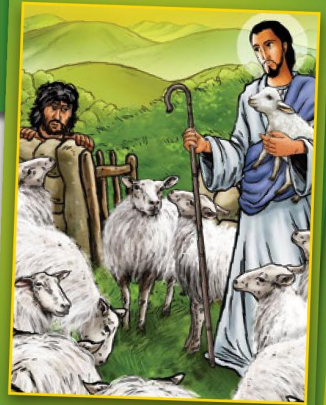
HAVING FAITH
IN YOUR FAMILY

The Gospel above or the **FAMILY TIME** section overleaf can be read independently by adults or children alike. However, reading the gospels as a family really does help the family to grow in faith, wisdom and love.

Parents and children can find out more about the Catholic faith at: wednesdayword.org & catholicchurch.org.uk

Jesus wants us to share in his life because he loves us so much. He offers us eternal life and that's a gift which we can begin to receive today. When we listen to Jesus and follow him we can already begin to experience eternal life, to live in God's love, here and now!

John 10:27-30



1 Enjoy reading the Gospel

One day, Jesus said to the disciples, "My sheep listen to my voice. I know my sheep and they follow me. I give them eternal life; they will never be lost and no one will ever steal them from me. The Father who gave them to me is greater than anyone, and no one can steal from the Father. The Father and I are one."

What does Jesus give to those who follow him? Which word or words stood out for you in this Gospel, and why? See the Gospel picture opposite. What does it make you think about?

2 Wednesday's Word is ...

LIFE



3

Loving God & Each Other

"Eternal life does not just mean a life that lasts forever but also a new quality of existence, fully immersed in God's love."

Pope Emeritus Benedict XVI

Ask your child what the word 'life' means to them. Ask your child who, or what, makes their life happy right now. What is most important to them in their life? It may help your child if you tell them something that gives you life, or is important in your life. You might want to tell your child how they make your life special.

"To live well is to love God with all your heart." *St Augustine*

How can we follow Jesus the Good Shepherd this week, and make life better for others at home, at school or in the community? Perhaps we can: always tell the truth; be generous and share; listen carefully to wise parents, teachers and other good people; show our gratitude to all those who teach and lead us through life, and pray for them too; help someone to feel special and valued - to feel alive.



Dear Lord Jesus, you are the Good Shepherd who knows us by name and guides us through **life**. Please help us to follow you always. Amen.

Gospel Gallery

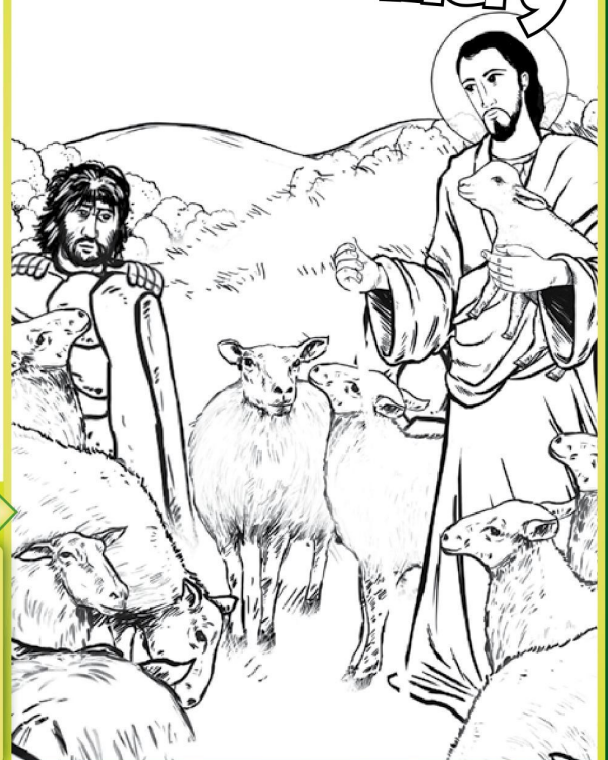
K S J E E U S H O W K
E N H J T F O L L O W
T J O P E E H S I N O
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L F N K S H E E P G T
N E T S I L R D E H S

WEDNESDAY WORDSEARCH

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

☒ SHEEP ☒
☐ KNOW ☐
☐ LISTEN ☐
☐ FOLLOW ☐
☐ ETERNAL ☐
☐ LIFE ☐
☐ JESUS ☐
☐ FATHER ☐

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



Whilst thinking about this week's Gospel, search for at least three differences between this picture and the colour one. Then draw them in before colouring.

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

beterdnalu kunbowd shudebep fodlulowb

Jesus said, "I _____ my _____ and they
_____ me. I give them _____ life."



Jesus continues to be our Good Shepherd through the lives of people who show us how to live in a way that pleases God. He wants to make our lives special and complete, and he wants us to make life better for others too.

Write a promise and then draw a big smile on Smiley

This week I will try my best to...

.....
.....





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



Preparing for the Mass of Sunday 8th May 2022 - The Fourth Sunday of Easter

1 Relax & Remember

Set aside 10 -15 minutes and create a suitable environment by removing any distractions. Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross † and remain still for a minute of settling silence. **Call to mind the love that God has for you. Remember that through this scripture our Lord is truly present.** Then read the Gospel, preferably aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.



2 Read

Taken from the Gospel for Sunday 8th May 2022 - Jesus the Good Shepherd (John 10:27-30)

Jesus said, "The sheep that belong to me listen to my voice; I know them and they follow me. I give them eternal life; they will never be lost and no one will ever steal them from me. The Father who gave them to me is greater than anyone, and no one can steal from the Father. The Father and I are one."



3 Reflect

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

Jesus' teaching on the Good Shepherd is the nearest saying approaching a parable in John's gospel. It is so important that the Church puts it before us on the fourth Sunday of Easter in each of the three cycles of readings. Apart from its obvious sense of Jesus looking after his sheep – and silly, confused sheep at that – this image receives special meaning from the figure of the shepherd in the Old Testament. God is the primary shepherd of Israel, who pastures his sheep in pastures green so that they fear no evil (Psalm 23). In Ezekiel 34 God promises to free Israel from the self-centred shepherds who keep the sheep for their own advantage, and to send them a true shepherd after his own heart, a second King David, who will tend them as God himself would care for them. Thus, in putting before us each year in Eastertide this proclamation that Jesus is the Good Shepherd, the Church is affirming the risen Christ as the divine Shepherd who tends his flocks. Particularly in these verses we see the unity of the risen Christ and the Father in their role of shepherds of the sheep, just as in our second reading from the Book of Revelation we see the unity of the LORD God and the Lamb, both revered on the one throne.

What is involved in imitating Christ as shepherd?

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 8th May 2022



First Reading: *Paul Turns to the Gentiles*

Acts 13:14. 43-52

Paul and Barnabas carried on from Perga till they reached Antioch in Pisidia. Here they went to synagogue on the sabbath and took their seats. When the meeting broke up, many Jews and devout converts joined Paul and Barnabas, and in their talks with them Paul and Barnabas urged them to remain faithful to the grace God had given them. The next sabbath almost the whole town assembled to hear the word of God. When they saw the crowds, the Jews, prompted by jealousy, used blasphemies and contradicted everything Paul said. Then Paul and Barnabas spoke out boldly, "We had to proclaim the word of God to you first, but since you have rejected it, since you do not think yourselves worthy of eternal life, we must turn to the pagans. For this is what the Lord commanded us to do when he said, "I have made you a light for the nations, so that my salvation may reach the ends of the earth." It made the pagans very happy to hear this and they thanked the Lord for his message; all who were destined for eternal life became believers. Thus the word of the Lord spread through the whole countryside. But the Jews worked upon some of the devout women of the upper classes and the leading men of the city and persuaded them to turn against Paul and Barnabas and expel them from their territory. So they shook the dust from their feet in defiance and went off to Iconium; but the disciples were filled with joy and the Holy Spirit.

In the Acts of the Apostles we witness the Christian message spreading to the ends of the earth. Yet three times Paul, as he does this, is rejected by his own people and forced to turn to the gentiles: once here in Asia Minor, once in Greece and finally in Rome. Each time he does so with a biblical gesture, shaking the dust off his feet, shaking out his cloak, finally in Rome quoting the fulfilment of the prophecy of Isaiah ("You will indeed listen, but never understand ..."). Perhaps in God's providence this rejection of Paul's preaching was the means by which the Gospel reached beyond Judaism.

What can I do to help the mission to bring Christ (like Paul) to all nations?

Second Reading: *The Innumerable Gathering of the Redeemed*

Revelation 7:9. 14-17

I, John, saw a huge number, impossible to count, of people from every nation, race, tribe and language; they were standing in front of the throne and in front of the Lamb, dressed in white robes and holding palms in their hands. One of the elders said to me, "These are the people who have been through the great persecution, and because they have washed their robes white again in the blood of the Lamb, they now stand in front of God's throne and serve him day and night in his sanctuary; and the One who sits on the throne will spread his tent over them. They will never hunger or thirst again; neither the sun nor scorching wind will ever plague them, because the Lamb who is at the throne will be their shepherd and will lead them to springs of living water; and God will wipe away all tears from their eyes."

In his vision John sees the countless numbers of the redeemed as they will be gathered at the throne of the Lamb. Their palms are the palms of victory and their robes, curiously washed white in blood, are the sign of integrity and innocence. The Book of Revelation was written at a time, whether of bloody persecution or not, when the temptation was overwhelming to submit to the dominance of Rome. This was not only political subjection but religious too, for the Lord Emperor was worshipped as a god. In every city there was an altar to Rome and to Augustus: the greater the city, the greater the temple. Worship of the Emperor and Rome set the whole tone for society. To join this worship was the only way to success and prosperity. Yet if Augustus is Lord, Christ cannot be LORD. Christians had to opt out of the emperor cult, and many paid with their blood. The victory was not by arms but by endurance. Today also there are many practices and beliefs in our society which Christians must opt out of – and yet we must also vigorously opt in, to bring the Christian values as a leavening of society.

Do I give too much ground to the idols and standards of contemporary society?

“Bring the Christian values as a leavening of society.”

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

Happy Birthday this week to...

Mark Adjaye-Kwofie, Faith Williams, Analiesa Osei-Flint, Luke Kimmins, Myles Owusu-Adu, Gabrielus Meskinis, Ethan Smith, Dylan Ziya, Isla Tieu, Alana Madarasz & Araibella Morgan.



Merit Certificates:

Butterflies:	Jonny Shiel, for great listening and independent work
Ladybirds:	Hugo Gauci, for trying hard on your phonics lesson on Thursday
1A:	William Powell, for his excellent hard work all week
1S:	Clara Stewart, for being a really good friend
2HD:	Zachary Timbrell for creating a super non-fiction book about dogs
2PT:	Sid Cundins, for excellent effort and great attitude in P.E.
3N:	Catherine Kazakov, for fantastic effort writing a limerick
3R:	Marshall Pavelin, for fantastic effort writing limericks in English
4C:	Amelia Randle, for her super attitude in all lessons
4E:	Indie Usedon-Duff, for excellent and quick answers in Maths club
5G:	Inioluwa Oyelami, for excellent work in science
5S:	Rhea Baker, for great participation during the English lesson
6CN:	Lucy Philpot, for always working hard and trying her best in all of her work
6E:	Isabella Bethell, for her fantastic attitude to her work

House Points

**Congratulations to the
winning house St Andrew**

Menu Week 2

Diary Dates

Monday 9th May

Year 6 SATs

Tuesday 10th May

Year 6 SATs

Swan Lake Trip

Dance Fit Lunchtime Club - no
need to book

Choir 3:15 - 4:15

Wednesday 11th May

Year 6 SATs

4C Library Visit 9:30

4E Library Visit 10:30

Years 2 & 3 Karate 3:10 - 4:10

Football Club Years 1 & 2 3:10 - 4:10

Football Club Years 3 & 4 3:15 - 4:15

Thursday 12th May

Year 6 SATs

5G Library Visit 9:15

5S Library Visit 9:45

Dance Fit Lunchtime Club - no need to
book

Karate 4, 5 & 6 3:15 - 4:15

Football Club Years 5 & 6 3:15 - 4:15

Friday 13th May

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