



24th June 2022



Dear Parents and Carers,

It has been a busy but exciting few days for the children in Year 6 who spent this week on the Isle of Wight. It all started well early on Monday morning with glorious weather and this continued throughout which enhanced all that this residential trip offered.

From Monday to Wednesday the children took part in a variety of activities at the PGL site. This was followed on Thursday by a trip to the local theme park, Robin Hill, which included a falconry display and a 4D cinema experience.

Following a disco on Thursday evening, the children retired to bed before another early start to commence their journey home. Thank you to all the staff who accompanied us and helped to create fond memories for the children.



Upcoming Events

As always, the last few weeks of the summer term are extremely busy with events taking place in school. In order to be aware of what's happening and when, I urge parents and carers once again to download our school app. This will show you our calendar of school events and will help you to organise your diary. Instructions on how to download this can be accessed through this link:

<https://www.holycross-pri.essex.sch.uk/page/?title=School+App&pid=136>



Year 6 Residential Trip



Year 6 Outdoor Pursuits Centre

The Year 6 children who didn't go to the residential also enjoyed a fun packed week of activities.



Year 1 Victorian Day

Today Year 1 have had a Victorian Day. They dressed as children from the era and experienced life as a Victorian child, including schooling, food, toys and games. They were all very well behaved.



ATTENDANCE MATTERS

For the third consecutive week the winners of the KS1 Attendance Award are Ladybirds 98% attendance. Well done! The winners of the KS2 Attendance Award are 4E attaining 98% attendance. Well done!

Please ensure you are sending your child into school everyday, unless they are not well enough to attend. Attending school is so important and makes a huge difference to your child's learning. The gates open at **8:30am** until **8:50am**.

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	94%
RL	98%
1A	92%
1S	92%
2HD	97%
2PT	97%
3N	95%
3R	92%
4C	95%
4E	98%
5G	87%
5S	87%
6CN	97%
6E	94%

Holy Cross Catholic Primary Academy



TICKETS TO
SEALIFE
CENTRE
SOUTHEND-ON-SEA

£8 per ticket (per person)

Pre order your Tickets* from School or
scan the QR code
and save £4.50 per ticket
*valid until Dec/22



Scan the QR code to buy tickets

Please note, if you scan the QR code to purchase tickets you will need to notify the school office of your purchase.

Holy Cross Catholic Primary School

DAY BAND* TO

*Valid until Dec/22

ADVENTURE ISLAND

Southend-on-Sea

£15 per day (per person)

Unlimited rides

**PRE ORDER YOUR TICKETS
AT SCHOOL OR SCAN THE QR CODE
AND SAVE £10 PER TICKET**

Scan the QR code
to buy your tickets



Please note, if you scan the QR code to purchase tickets you will need to notify the school office of your purchase.



LET'S ALL GO TO **STANDON CALLING** FESTIVAL & RAISE MONEY FOR HOLY CROSS!



Standon Calling is a family festival in the beautiful Hertfordshire countryside 21-24 July.

By booking weekend tickets through Holy Cross' unique link, you will get an exclusive discount AND 10% of every order will be donated to our school's fundraising body.

The more tickets bought via our unique link, the more money raised for our school and the more fun will be had at Standon Calling!

Join us this July!



SCAN HERE FOR
HOLY CROSS'
UNIQUE LINK





Times Tables Rockstars

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

1S: Aiofe Boland

2HD: Parker Loughran-Ricketts

3N: Praise Owolabi

4C: Grace Kelly

5A: Julia Magryta

2PT: Attila Madarasz

3R: Oliwier Slawikowski

4E: Helith Alkegamage

5G: Inioluwa Oyelami

Gospel Values Awards

The Gospel Value this week is...

Love

- generosity, magnanimity

"Love your enemies." (6:27),

"This is my body given for you." (21:19)



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

Butterflies: Luca Cushway

Ladybirds: Grace Kavannagh

1A: Domininc Annobil

1S: Tawana Agyare

2HD: Vienna-Baye Maycock

2PT: Feodora Benghea

3N: Mahayla Hackett

3R: Teodora Fedeles

4C: Ethan Smith

4E: Kiera Hodgkinson

5A: Maja Owczarz

5G: Rochelle Nyarko-Mensah

6CN: Emma Woodhouse

6E: Gabriel Lesney

What Parents & Carers Need to Know about ESPORTS

British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities ... but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports arena and suggested ways to help young people stay safe so they can make the most of this exciting space.

WHAT ARE THE RISKS?

MICROTRANSACTIONS

Microtransactions are in-game purchases that unlock new features or give players special abilities, characters or content. These can cost anything from 99p to £99 (and sometimes more!). The topic of microtransactions in gaming is heavily scrutinised – with cosmetics, pay-to-win features and loot boxes all being a source of contention for gamers and governing bodies in recent years.

MENTAL HEALTH

Studies show that esports competitors face the same level of mental health issues as athletes from traditional sports, along with some specific additional demands. Like mainstream professional sport, esports is an incredibly tough industry – requiring countless hours of practice. Competing at the highest level can lead to pressures such as handling setbacks, stressful situations and facing criticism.

INAPPROPRIATE CONTENT & BEHAVIOUR

Only 22% of gamers globally are aged between 10 and 20 – meaning the majority are adults, who might not always act or talk in a way that's appropriate for children. Like traditional sport, esports has many athletes and 'personalities' to look up to. However, it's important that your child stays aware of how influenced they are by the people they follow, and whether the athlete is age appropriate.

TROLLS & TOXICITY

An internet troll is someone who tries to offend people and cause trouble by posting derogatory comments. Toxicity, as in the real world, refers to negative behaviours like harassment, verbal abuse and inappropriate conduct, which all impact on wellbeing. Trolls and toxicity are an issue within esports, perhaps due to its pressurised, extremely competitive and high-stakes nature.

POSSIBLE EXPLOITATION

The revenue in esports is potentially vast. Organisations often look to professionals and content creators to help grow their brand, in exchange for the organisation's backing, a salary, and marketing and sponsorship benefits. However, the industry is still in its infancy – and so is its regulation. In some countries, esports isn't regulated at all, so things can get sticky if players don't know what they're doing or who they're working with.

PHYSICAL EFFECTS

The common perception of esports involves a sedentary lifestyle, an unhealthy diet and very little physical activity – which has obvious health implications. It's certainly true that players sit at their desk for hours, looking into bright screens and not getting regular exercise. Some professional esports players have nutritionists, personal trainers and dieticians specifically to protect their health.

Advice for Parents & Carers

ENCOURAGE BALANCE

Dedicating oneself intensely to any activity – including esports – can be harmful, both mentally and physically. Make sure your child's gaming routine is balanced with exercise, regular breaks, healthy food and plenty of water. If your child spends long hours gaming, using a chair with the proper supports and taking the time to practise good posture will help protect their lower back, neck and wrists.

UNDERSTAND GAMING

Chat to your child about the games they play; ask to watch or even take part to get an idea of how appropriate they are. This will give you an awareness of the phrases esports players and content creators use, helping you understand young gamers' slang. If you find some of the games unsuitable, talk to your child about why. You can also explore age-specific settings on apps like YouTube and Twitch.

GET EXPERT HELP

If your child *does* start on the road to becoming a professional, get in touch with an esports-specific agency who are experienced in industry terminology and loopholes. Do due diligence on any team or organisation offering your child a contract: a key point is how long your child would be contracted to them – the esports industry changes quickly, so there might be better and more secure offers out there.

BLOCK TOXIC USERS

Monitoring in-game chats, or disabling them altogether (either through the console or in the game itself), is a comprehensive way to avoid negative experiences and reduce the risk of toxic messaging. Your child also has options to block messages from particular players and only interact with their friends; this can also help to prevent them from encountering the blocked users in future games.

Meet Our Expert

Nathan David is an experienced gamer, teacher and athlete. He is Course Leader for the BTEC Esports programme at Salisbury Sixth Form College. Nathan has more than 10 years' experience working in schools and colleges, and holds a Masters degree in Sport Psychology.



NOS National Online Safety®
#WakeUpWednesday

Wednesday 18th May 2022 - 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 May 2022 - The Sixth 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 22nd May 2022 - The Promise of the Spirit (John 14:23-29)

Jesus said to his disciples, "If anyone loves me he will keep my word, and my Father will love him, and we shall come to him and make our home with him. Those who do not love me do not keep my words. And my word is not my own: it is the word of the one who sent me. I have said these things to you while still with you; but the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything and remind you of all I have said to you. Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid. You heard me say: I am going away, and shall return. If you loved me you would have been glad to know that I am going to the Father, for the Father is greater than I. I have told you this now before it happens, so that when it does happen you may believe."



3 Reflect

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

In these final discourses of Jesus at the Last Supper (as he sketches the outlines of his future Church) there are four passages which promise the coming of a Paraclete or Advocate, the Holy Spirit. 'Paraclete' and 'Advocate' mean the same: someone who is called to your side as a supporter, often in a legal situation. The Father will send this Paraclete, in the name and power of Jesus, so that the Paraclete will make Christ present in the Church in a new way. The Paraclete will strengthen Jesus' disciples with Christ's own strength. The Paraclete will lead the disciples into all truth, so that they gradually come to a fuller understanding of all the implications of the teaching of Jesus. Like any legal advocate, the Paraclete will provide the followers of Jesus with the power in teaching and argument to withstand opposition. This is the power which will guide the Church in ages to come, not only the official teachers of the Church, the successors of the apostles, but all the faithful who preserve and enrich the tradition of the Church by their prophetic office. The decree of Vatican II on the Church leaves no doubt that not only the call to sanctity but also participation in the prophetic office of Christ extends to all the members of the Church; this is an inspiring and awesome responsibility for us all.

For what special task do I most need the Paraclete's strength and guidance?

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 May 2022



First Reading: *The Council at Jerusalem*

Acts 15:1-2. 22-29

Some men came down from Judaea and taught the brothers, "Unless you have yourselves circumcised in the tradition of Moses you cannot be saved." This led to disagreement, and after Paul and Barnabas had had a long argument with these men it was arranged that Paul and Barnabas and others of the church should go up to Jerusalem and discuss the problem with the apostles and elders. Then the apostles and elders decided to choose delegates to send to Antioch with Paul and Barnabas; the whole church concurred with this. They chose Judas known as Barsabbas and Silas, both leading men in the brotherhood, and gave them this letter to take with them: 'The apostles and elders, your brothers, send greetings to the brothers of pagan birth in Antioch, Syria and Cilicia. We hear that some of our members have disturbed you with their demands and have unsettled your minds. They acted without any authority from us, and so we have decided unanimously to elect delegates and to send them to you with Barnabas and Paul, men we highly respect who have dedicated their lives to the name of our Lord Jesus Christ. Accordingly we are sending you Judas and Silas, who will confirm by word of mouth what we have written in this letter. It has been decided by the Holy Spirit and by ourselves not to saddle you with any burden beyond these essentials: you are to abstain from food sacrificed to idols, from blood, from the meat of strangled animals and from fornication. Avoid these, and you will do what is right. Farewell.'

This was the crucial meeting of the whole Church at Jerusalem where the decision was made that Christianity was not only for Jews but was open to the gentiles too. Paul's activity in receiving gentiles into the Church had created a crisis: was not God's promise to Abraham limited only to Jews? Was it not limited only to those who observed the prescriptions of the Law? Could the Spirit of the risen Christ really dwell in and activate the uncircumcised? The staggering breakthrough achieved here at Jerusalem totally altered the course of history. Today's reading jumps to the concluding instructions and omits the details of the debate which, in fact, provides a model for a community discussion: in the awareness of the presence of the Spirit the apostles and elders heard the facts of the case, listened to the opinions on both sides of the question put forward by experienced leaders, and then made their decision in the Spirit. The letter of instructions which follows is also a model of its kind, firm in its decisions, but firm also in its appreciation of individual consciences. The restrictions imposed on gentile Christians were designed to make fellowship with Jewish Christians possible without outraging their sensibilities.

How do I make decisions in my life? Could I learn anything from the apostles in this reading? Is there some way in which I could be more involved in the life of the Church – in the Parish, for example?

Second Reading: *The Holy City of Jerusalem*

Revelation 21:10-14. 22-23

In the spirit, the angel took me to the top of an enormous high mountain and showed me Jerusalem, the holy city, coming down from God out of heaven. It had all the radiant glory of God and glittered like some precious jewel of crystal-clear diamond. The walls of it were of a great height, and had twelve gates; at each of the twelve gates there was an angel, and over the gates were written the names of the twelve tribes of Israel; on the east there were three gates, on the north three gates, on the south three gates, and on the west three gates. The city walls stood on twelve foundation stones, each one of which bore the name of one of the twelve apostles of the Lamb. I saw that there was no temple in the city since the Lord God Almighty and the Lamb were themselves the temple, and the city did not need the sun or the moon for light, since it was lit by the radiant glory of God and the Lamb was a lighted torch for it.

The description of the New Jerusalem, the bride of Christ, begun in last week's reading, continues to be highly symbolic. The twelve gates of the city (drawn from a prophecy in Ezekiel) face the four quarters of the compass, to show that the city embraces the whole universe and is four-square solid. They symbolise the twelve tribes of Israel and so also the twelve apostles. The richness of the city is hinted at in the sparkle of precious stones, not only of diamonds but of many others too. The dimensions of the city are vast: a cube of 1,500 miles in each direction. No need for the light and warmth of the sun, for the Lord God and the Lamb provide a single source for the city's nourishment and illumination. No need for a sacred area, for the presence of the Lord God and the Lamb make the whole city a sacred area. This vision is the ultimate goal of creation, when we share in the very life of God, the ultimate fulfilment of 'thy Kingdom come'. The Letter to the Ephesians expresses it in this way: the whole universe is 'headed up' into Christ, thus making sense of creation and bringing creation to its completion.

If I really lived in the presence of God, what would be the most daunting thing - and what the most encouraging thing?

“The ultimate goal of creation, when we share the very life of God.”

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...

Kyren Laidley, Will Bannister-How, Thomas Brest-Ndeyi, Abigail Olagunju,
Hannah Mahalik-Berec & Medeina Kucinskaite.



Merit Certificates:

Butterflies:	Zuzanna Janczewska, for being so helpful to her friends and teachers
Ladybirds:	Kayla Shafi-King, for great sentence writing about the seaside
1A:	Rufus Cook, for his excellent attitude to learning
1S:	Keziah Adisa, for outstanding handwriting
2HD:	Skyla Hand, for working hard writing past and present sentences
2PT:	April Thorp, for demonstrating excellent teaching skills during our R.E. lesson
3N:	Emily Patasuite, for working very hard at times tables
3R:	Hector Onwurah, for amazing effort in all subjects
4C:	Kayla Umaru, for writing a wonderful prayer in R.E.
4E:	Alana Madarasz, for her excellent skills and enthusiasm in Art
5A:	Aidan Cater, for fantastic effort in all areas, but especially English
5G:	Lehna Ajong, for her fantastic effort in English this week
6CN:	Szymon Janczewski, for being so helpful this week. Well done!
6E:	Ka'reem Mafueni, for an excellent activity week, this week!

House Points

**Congratulations to the
winning house St David**

Menu Week 2

Diary Dates

Monday 20th June

5S Swimming Lesson

Tuesday 21st June

Dance Fit Lunchtime Club - no
need to book

Year 5 Mass 2:00

Wednesday 22nd June

Year 2 Paradise Wildlife Park

Coffee Morning 8:30

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

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

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

Thursday 23rd June

Year 3 Town Centre Trip

6E Library Visit

6CN Library Visit

Dance Fit Lunchtime Club - no need to
book

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

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

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

Friday 24th June

Year 1 Paradise Wildlife
Park

Year 4 Kentwell Hall trip

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App for dates for the year. Details
are available on the schools website
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www.holycross-pri.essex.sch.uk