



1st February 2019



# Newsletter



Dear Parents

We have taken down our cribs today as we mark the end of Christmastide with the Feast of The Presentation of Our Lord in the Temple. It is important that we all continue to welcome Jesus into our hearts and daily lives and keep the spirit of Christmas alive throughout the year ahead.

## Reception Stay and Play

We were delighted to welcome our Reception parents to school today to spend time with their children in the parish hall. Thank you to all who attended and made it such a fun afternoon.



## Internet Safety Day

This takes place on Tuesday 5th February. We regularly teach children about being safe online but this day will enable us to give greater focus to the positives but potential dangers of internet use. Unfortunately we are witnessing greater misuse of social media from our children and - sadly - some parents. Children learn by example and apart from the fact that primary school age children should not be using Apps like WhatsApp, this does continue and in a most inappropriate way.

Please be extra vigilant at home as we all need to work together to support our children.

We are very pleased to be able to launch our National Online Safety package which will enable you to receive a monthly online safety update newsletter and will give you an opportunity to complete an online safety course. We will send you further details next week but for now have attached two safety newsletters for your interest.

## Lenten Lunch

Our Mini Vinnies are organising a Lenten Lunch for parents and parishioners on Ash Wednesday 6th March. The lunch will consist of soup and bread with donations being asked for our twin Parish of Regina Coeli. Ash Wednesday is, as you know, a day of fasting so the Lenten Lunch will fit in perfectly with our seasonal observances.

We will send you more information in due course but in the meantime would ask that if any parents or grandparents are willing to make soup for the occasion to please contact Mrs Ennifer. Thank you.



### Packed Lunch

Just a reminder about our packed lunch policy and a plea for parents to support us with this. You will be aware for example that we are a nut free school yet we are finding that children are bringing nut bars into school. We ask that children do not have crisps yet some children are bringing crisps to school in sealed plastic bags to disguise the contents. Apart from teaching children how to break the rules this does not help those families who try to adhere to our healthy eating policy.

Please refer to our school website for policy details and thank you to the vast majority of parents who support us with this.

### Family Mass

Our next Family Mass has been organised for Sunday 3rd March at 11.00 in Holy Cross Church. This will be the last Sunday before the beginning of Lent and we would encourage as many of you to attend as possible.

In preparation can we ask the following:

Choir. Please put this date in your diary

Donations: We would welcome any donations of cakes - particularly home made - to be served after Mass.

Help: We would welcome help to serve tea, coffee after Mass.

Further information will be circulated in due course.

### Curling and Boccia Festival 25th January 2019

A team of year 5 children took part in a Boccia and Curling Festival last Friday at Mark Hall School. They played extremely well, learning their skills quickly to win both first rounds and went on to play the finalists, winning 1st place in Boccia and 3rd in Curling, against a pool of 12 teams.

Congratulations and well done to Sienna, Lochrin, Roman and James who have represented our school beautifully.



## ATTENDANCE MATTERS

Congratulations to 1S, winners, for the second week running of the KS1 Attendance Trophy this week with 98%. The joint winners of the KS2 Attendance Trophy are 3N and 6N, achieving 99% attendance. Well done!

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 chase parents, to find out why their child is absent from school.**

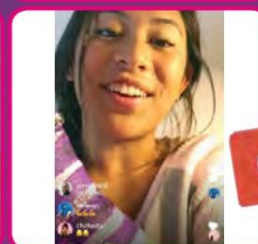
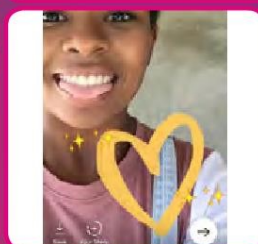
Parents of children below attendance targets will be invited in for a meeting with the Educational Welfare Officer.

RB	89%
RL	95%
1D	96%
1S	100%
2C	97%
2HD	93%
3G	98%
3N	99%
4C	98%
4E	98%
5P	89%
5S	96%
6CA	82%
6ND	99%





Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments to their photos, such as brightness/contrast. To make their content more 'searchable', users can include hashtags in their uploads to make them easier to find.



# What parents need to know about INSTAGRAM

## LIVE STREAMING TO STRANGERS

The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. We suggest that your child goes through their followers list and blocks people they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and further shared around the Internet.



## DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH

When influencers, celebrities or peers use filters on their photos or videos on Instagram, it can set unrealistic expectations of their own appearance and create feelings of inadequacy and low self-esteem. Children may try to strive for a comparable number of likes on their own photo to an image or video that has been edited heavily.

## \*\*\*NEW FOR MAY 2018\*\*\*

### IN-APP PAYMENTS

Instagram is rolling out in-app payments for products and services directly through the app. It will operate under the same rules as Facebook Payments, which state if you are under the age of 18, you can only use Facebook Payments with the involvement of a parent or guardian.



## PHOTO / VIDEO SHARING

Posting photos and videos is Instagram's biggest selling point, so with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location making it easy to locate them. If their account is not set to private, anyone can access their account and see their images.

### HIJACKED HASHTAGS

Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that, comes potential risks for your child. One person may use a seemingly innocent hashtag with one thing in mind and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.



### LOCATION TAGGING

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose your child's location; this is particularly more of a risk if it is on their story, as it is in real-time.



**National  
Online  
Safety**

# Top Tips for Parents



## REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorized purchases. This can be added in the payment settings tab.

## RESTRICT MESSAGES

If your child's account is not private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

## \*\*\*NEW FOR MAY 2018\*\*\*

### FILTER INAPPROPRIATE COMMENTS

Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. The new filter hides comments containing attacks on a person's appearance or character, as well as threats to a person's well-being or health. The filter will also alert Instagram to repeated problems so they can take action on the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the app's settings.



## TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

## USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.



### Sources

<https://help.instagram.com/1/nydailynews.com: 'The dangers of posting photos online'>; <http://www.nydailynews.com/life-style/dangers-posting-photos-online-article-1.1432134>; <http://theguardian.com: 'Does sharing photos of your children on Facebook put them at risk?'>; <https://www.theguardian.com/technology/2014/sep/21/children-privacy-online-facebook-photos>; <http://christiededman.com: '5 things you should know about hashtags and your kids'>; <https://itunes.apple.com/gb/app/instagram/id389801232?mt=8>





# Forest School



This week in forest school we have experienced all weathers. Year 3 children worked co-operatively together to build new shelters and dens. Their team work, patience and perseverance was wonderful to see. Many children enjoyed making ladders which enabled them to reach higher up into the trees! Year 1 children thoroughly engaged in the many therapeutic benefits of mud...they made mud pies, created art work using mud and enjoyed digging for worms! Finally, because of the drop in temperature, the children were able to experience science first hand by observing and investigating the ice.

Please remember to dress appropriately for the weather by wearing hats, scarves and gloves.





## Chinese New Year 2019

Join us to celebrate Chinese New Year with our special Chinese feast at lunch time!

**Tuesday 5th February**

**Did you know this year, it is the year of the pig?**

**Each year celebrates a different animal of the zodiac based on a 12 year cycle of how long it takes planet Jupiter to orbit the sun!**



## RELIGIOUS LIFE AT HOLY CROSS



Based on the gospel for Sunday 3 February - Luke 4:21-30

**"No prophet is ever accepted in his own country."**

Jesus returns home to preach, at first his listeners welcome the "gracious words that came from his lips" - words of hope and love for the poor. But when the audience remembers Jesus is a local man, their mood changes. How can he be the one to fulfil the prophecies?

They grow angrier still when he points out that the prophets were not only sent to assist the Jewish people, but cured gentiles like the Syrian leper.

The crowd cannot tolerate Jesus's message that God's love is freely given to all, not restricted to certain privileged groups. Jesus senses their rejection, and declares,

"No prophet is ever accepted in his own country." They become murderous, but Jesus escapes.

Are we exclusive in our attitude to God's love? Do we judge some as 'deserving' or 'undeserving'? How can we keep our hearts open to truth from unexpected sources?

Pope Francis urges us to cooperate with one another in the service of others. "It challenges us to reach out to others in mutual trust and understanding," he said, at an event welcoming Muslim refugees. "It challenges us to cultivate an openness of heart that views others as an avenue, not a barrier."

Lord,

May we reach out to each other across barriers in the service of the most vulnerable, and find in our differences a potential source of enrichment and growth.

Amen.



### Prayers Please

Please remember Mr Frank Dicker RIP in your prayers whose funeral service was held today. Frank is, as many of you know, the father of Mrs Tierney our Vice Chair of Governors.

Eternal Rest grant unto him O Lord  
and let perpetual light shine upon him  
may he rest in peace  
Amen

### The Words of Pope Francis

Let us not forget the victims of the Holocaust. Their unspeakable suffering continues to cry out to humanity:  
We are all brothers and sisters! #RemembranceDay

Happy Birthday since the last newsletter to... Jake Doyle,  
Niamh O'Rourke, Lily Nisbet, Rafe Norris, Naavah Dixon, Poppy Hughes



### Merit Certificates:

Butterflies: Stanislaw Marti, for a fantastic understanding of subtraction

Jeremy Cox, for amazing progress with his reading

Ladybirds: Marshall Pavelin, for making a creative clown car

Alina Botchway-Adjei, for creating a colourful acrobat

1D: Gabriele Varnaite, for her fantastic maths work

1S: Mason Thompson, for really trying hard with his maths this week

2C: Ena Bulmuo, for settling into our school so well

2HD: Damien Andersen-Hamm, for trying so hard to improve his writing

3G: Lucy Philpot, for fantastic improvement in maths

3N: Lucy Richardson, for her great improvement in writing

4C: Julian Jozefczyk, for his awesome attitude towards homework

4E: Seren-Bliss Feast, for a great effort in all her work

5P: Roman Dwarika, for being a kind friend to others

5S: Kajus Skauronas, for his beautiful Aboriginal art creation

6CA: Harrish Muraleedharan, for his perseverance with maths this week

6N: Kelechi Eze, for excellent effort with her maths work. Well done!

Learning Mentor: Luize Mafueni, for always being kind, helpful and a little ray of sunshine

## Diary Dates

### Menu Week 2

#### Monday 4th February

5S Swimming

4C Class Mass

Year 6 SATs Boosters 3:15 - 4:15

Funky Fingers 3:15 - 4:15

Dance KS2 3:15 - 4:15

Multisports 3:15 - 4:15

#### Tuesday 5th February

4C Library visit

Year 6 SATs Boosters 3:15 - 4:15

Board Games KS1 3:15 - 4:15

Cosmic Yoga KS1 3:15 - 4:00

Choir KS2 3:15 - 4:15

Dodgeball KS1 3:15 - 4:15

Football Team 3:15 - 4:30

#### Thursday 8th February

Hockey KS2 3:15 - 4:15

Choir KS2 3:15 - 4:15

CAFOD Workshops Year 5

#### Friday 9th February

Netball KS2 3:15 - 4:15

Girls' Football Team 3:15 - 4:30

Karate 3:15 - 4:15

5S Library Visit

### House Points

**Congratulations to the  
winning house St Davids**

#### Wednesday 6th February

5P Eucharistic Service

Football KS2 3:15 - 4:15

Karate 3:15 - 4:15

Year 2 Lion King

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

Mr S Kelliher

Deputy Headteacher





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



Preparing for the Mass of Sunday 3<sup>rd</sup> February 2019 - The Fourth 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 Sunday 3<sup>rd</sup> February 2019 - The Rejection of Jesus at Nazareth (Luke 4:21-30)**

Jesus began to speak in the synagogue, "This text is being fulfilled today even as you listen." And he won the approval of all, and they were astonished by the gracious words that came from his lips. They said, "This is Joseph's son, surely?" But he replied, "No doubt you will quote me the saying, 'Physician, heal yourself' and tell me, 'We have heard all that happened in Capernaum; do the same here in your own countryside'." And he went on, "I tell you solemnly, no prophet is ever accepted in his own country. There were many widows in Israel, I can assure you, in Elijah's day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha's time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman." When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

## 3 Reflect

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

*The reaction of the villagers of Nazareth to Jesus' proclamation of good news for the poor, the handicapped and disadvantaged is predictable. We have all suffered from failure of our own people to recognise our talents! In this case it is also fuelled by a paradoxical jealousy: in the moment of rejecting Jesus' message the villagers also want to reap the advantage of his miraculous healings. The rejection of Jesus by his own people provokes Luke to develop Jesus' teaching beyond that given by Mark or Matthew in their gospels: in Luke Jesus quotes instances which show God's care for those outside his traditional 'chosen people'. God's love is universal, not limited by ethnic or any other boundaries. The Chosen People were chosen not so that they would selfishly emphasise how special they were to God, but so that salvation might be brought to the whole world. In the same way, in Christ's New Dispensation, his people (the Church) are chosen not just to enjoy God's benefits and love for themselves, but to be the instruments of his love for all. This is the same message as that of Paul in today's second reading: true love has no limits. Luke is especially aware that Jesus sends his message beyond the limits of the Chosen People. Each of us has been chosen not for our own advantage but as an instrument to bring Christ to others.*

**What does it mean to be one of God's 'chosen' people?**

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 3<sup>rd</sup> February 2019



## First Reading: *The Prophet Rejected*

### Jeremiah 1:4-5. 17-19

In the days of Josiah, the word of the Lord was addressed to me, saying, "Before I formed you in the womb I knew you; before you came to birth I consecrated you; I have appointed you as prophet to the nations. So now brace yourself for action. Stand up and tell them all I command you. Do not be dismayed at their presence, or in their presence I will make you dismayed. I, for my part, today will make you into a fortified city, a pillar of iron and a wall of bronze to confront all this land: the kings of Judah, its princes, its priests and the country people. They will fight against you but shall not overcome you, for I am with you to deliver you - it is the Lord who speaks."

*Jeremiah was given a tough assignment. His task was to proclaim doom to his fellow-citizens under the threat of invasion by the overwhelming might of Babylon. Unless they returned to God and put their trust in the Lord rather than in their own feeble manoeuvrings they were doomed to slaughter and exile. To stop the people hearing this message their leaders arrested him and dumped him in the squelchy mud of an almost-empty well, and fed him on one loaf a day. It is only too human to block out the message one does not want to hear. So, while Jeremiah steadfastly held his ground, Babylon advanced, destroyed the city and Temple of Jerusalem, and led the people into exile. Bruised in exile, they learnt the hard way. As Jeremiah put it, God took from them the heart of stone and gave them a heart of flesh, to respond not just as a nation, but individually in tenderness and love. Jeremiah's steadfast preaching in the face of opposition is presented to us as a preparation for that of Jesus, which we hear in today's gospel reading.*

*Which parts of Jesus' teaching do we find hard to hear and act on?*

## Second Reading: *Authentic Love*

### 1 Corinthians 13:4-13 (shorter version)

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope and to endure whatever comes. Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue for ever; and knowledge - for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child, and think like a child, and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known. In short, there are three things that last: faith, hope and love; and the greatest of these is love.

*The Christians of Corinth saw that they had a variety of gifts and talents. Paul gladly admits this. He only complains that this led them to squabbling and rivalry, for they were blind to the reasons for which these gifts had been given. Like all our talents, and especially those of interpersonal relationships, they were given by the Spirit which gives life to the Christian community. Their ultimate purpose is not to puff up the holder of the gift but to build up the community. The gift must be applied and exercised in love, for love is the highest gift of all gifts. Love alone builds the community. Paul goes on to paint a picture of what real love is. Few of us can read or listen to this text without realising our own failures and selfishness, as Paul puts his finger on one after another of our own weaknesses. This passage acts as a testing-ground of whether our love is genuine or whether we are merely deceiving ourselves. The final part of Paul's argument is also encouraging, not merely because of the durability and long-lasting nature of love, but also from the picture of heaven it conveys: in the perfect maturity, to which we look forward, there will be nothing left but love.*

*How does Paul's teaching on love challenge our own way of loving?*

“Love is the highest gift of all gifts.  
Love alone builds the community.”

The Wednesday Word: *Connecting Home, School & Parish through the Word of God*

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