



5th July 2019



Newsletter



Dear Parents

This has been a particularly busy week with the run up to the Year 6 residential trip to Scotland, the Year 6 production, Year 5 visit to St Marks, parent information day for Year 1 - 5 and a Meet The Teacher morning for our children today. This is all of course a necessary part of school life as well as much more behind the scenes.

We also met with Governors yesterday to discuss the school budget for our new financial year which begins in September. You will be aware of the squeeze on school budgets and we, like many other schools, have faced and continue to face great difficulties in setting a budget which still meets the needs of our school. The coming year will be particularly difficult and it will be incumbent on all of us to be as prudent as possible and to take great care with the resources that we

Thank you for continuing to donate to our Governors Fund. These donations enable us to maintain our school building and critically allow us to apply for grants for building or maintenance works because, as you know, we are expected to make a financial contribution to any such application.

Can I ask you to please also remember to pay any monies owed to the school office promptly. We have quite a significant amount owing for dinners, swimming, trips and visitors. Our finances simply cannot support such debt.

Lights, Camera, Action

Well done to all of our Year 6 children and staff for a superb performance this week. We all thoroughly enjoyed the many sketches of school life - it was great fun! Well done.



Parent Consultation

Thank you to all parents from Years 1 - 5 who were able to attend this week. We hope that you found it to be very informative and along with your child's report were able to see many achievements this year. Some parents may have been made aware that more progress was required and I hope that you were able to discuss strategies to support your child and that this was discussed in a mutually respectful way. Please remember that we are available throughout the year to discuss any aspect of your child's education, please contact the office for an appointment.

Year 6 Residential

We wish Bon Voyage to our Year 6 children who are visiting Scotland next week. They will spend time on a range of outdoor and adventurous activities as well as visiting the Outdoor Highland Museum, Reindeer Sanctuary and Sterling Castle.



Rock Steady Music School Workshop

On Thursday we had special music workshop assemblies. The children were given the opportunity to play musical instruments and perform for the other children. They all loved the experience.

Rocksteady Music School will soon be holding weekly lessons at Holy Cross in the new academic year. It's an amazing opportunity for your child to join their very own rock band and learn either drums, guitar, keyboard or vocals. Learning to play their favourite songs in a band is a great way to build your child's confidence and develop resilience, teamwork and listening skills.



Your child chooses their role in the band by becoming either a drummer, guitarist, keyboard player or a lead vocalist (subject to availability). Lessons are 30 minutes long, take place in school and are taught by highly trained professional musicians. No experience is necessary and all instruments are provided. Suitable for ages 4 - 11 years. Payment is £31.25 by monthly direct debit.

Further details to follow.

Gospel Values Awards

Congratulations to the first children to receive the Gospel values certificate

Butterflies: Jeremy Cox

3N: Gabriel Lesny

Ladybirds: David Owolabi

4C: Anne-Marie Konodu

1D: Indie Usedon-Duff

4E: Alexis Onwurah

1S: Phoebe McNamara

5P: Niamh Edwards

2C: Conor O'Rourke

5S: Olivia Wells

2HD: Dominic Marshall

6CA: Truishelle Owusu

3G: Oliver Wuzik

6N: Orlaith Boland



ATTENDANCE MATTERS

Congratulations to **1D**, winners of the KS1 Attendance Award this week with **100%**. The winners of the KS2 Attendance Award are **6N**, with **99%** attendance.

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.

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

Year 5 Greek Day

On Friday last week, Year 5 dressed up and travelled back in time to experience what life would have been like in Ancient Greece. The morning was spent enjoying a variety of craft activities. We made clay plates and pots, which were decorated with traditional Greek patterns. We got to grips with the complexities of the Greek alphabet and designed and decorated name plaques. We also made beautiful mosaic patterns and decorated theatrical masks. Meanwhile, groups of children went to the cooking room to make up batches of a delicious honey cake, which, as we had discovered during our research, was a particular delicacy in Ancient Greek times. We also prepared a traditional Greek Salad. We had a wonderful picnic outside in the afternoon and also took part in various sporting activities to enact a mini Olympic Games. A fun day was had by all!



On Wednesday this week, Year 5 participated in an 'Enterprise Day' at St. Mark's School. We took part in a special project which was a collaboration between the Business Studies and Science departments. Children were put into teams to brand, design, manufacture and market soap - in a similar set up to the television programme 'The Apprentice'. They came up with their product name, target audience, packaging design and product design. They then made and decorated their packaging before going into the lab to make the actual soap. They were able to add their own perfume and colour choices and use moulds to shape the soap into their design. They made advertising posters and costed their product before presenting to their peers. It was a really informative day and the children learnt a lot about business life, whilst gaining a fascinating insight into what Secondary School is like.





We enjoyed being outside in the glorious weather this week. Children spent time digging, building, making potions, pond dipping.

Some of the year 6 children were fortunate to spend the whole day outside 'true forest school style'. They made their own pizzas and cooked them on the campfire, followed by toasted marshmallows and smores!

Remember to book your places on the forest school holiday club which is running on various dates throughout the summer holidays.

Please see flyer for dates...



WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



SUMMER HOLIDAYS **'FOREST SCHOOL FUN'**



AT HOLY CROSS

THURSDAY 26TH JULY, WEDNESDAY 31ST JULY

WEDNESDAY 7TH, 21ST, 28TH AUGUST

10AM - 3 PM

(£25 A DAY INCLUDES HOT DRINKS AND SNACKS)

COME AND EXPERIENCE

'A FUN FILLED DAY OF FOREST SCHOOL'

- CAMP- FIRE- COOKING -

DEN AND SHELTER BUILDING - USING TOOLS

MUD KITCHEN AND POTIONS- CLAY SCULPTURES -

FOREST ART- TREE CLIMBING - BUG HUNTING AND

LOTS MORE!

LIMITED SPACES SO BOOK ASAP!

**TO SECURE YOUR PLACE, PLEASE RETURN THE SLIP ALONG
WITH PAYMENT TO MRS ALLARDYCE**

OR CONTACT 07748654794

RELIGIOUS LIFE AT HOLY CROSS



Based on the gospel for Sunday 7 July - Luke: 10:1-12, 17-20

"The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit."

Spreading the word of the Lord is now on a grander scale. Instead of just 12 disciples, Jesus sends 72 people out before him.

There's a real urgency in the reading, that the disciples need to hurry. They are told not to take anything that might 'weigh them down'. They need to get on and do God's work, healing the sick.

In the same way, when emergencies strike, there is that urgency among the Catholic community to support the humanitarian response, to save and rebuild lives, coming together to do what we can.

I've had the privilege of travelling on behalf of CAFOD. I've seen how powerful it is being part of the Church and wider Caritas network, working together to reach those in the greatest need.

I'll never forget the words of Father Stephen Murage, in Marsabit, Northern Kenya, in 2017, talking about the devastating drought there: "We never give up. Whether the fourth, fifth, sixth drought, we never give up. We can't stand by and let people suffer. We must respond. Responding creates hope in people's hearts. When people see Caritas, they find the strength to carry on, to survive."

The end of the reading is a wake-up call for the disciples, a reminder of what is really important, not their powers to heal, but the power and authority of God.

Lord,

We pray for aid workers around the world reaching the vulnerable and marginalized. Instil in them the courage they need to reach people in need, and to bring about change and hope in the lives of others.

Amen.

The words of Pope Francis

The Bible is not just a beautiful book to keep on a shelf. It is the Word of life be sown, a gift that the Risen Jesus asks us to accept in order to have life in His name.



Wednesday 3rd July 2019 - 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 7th July 2019 - The Fourteenth 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 7th July 2019 (Luke 10:1-12, 17-20): The Mission in Action

The Lord appointed seventy-two others and sent them out ahead of him, in pairs, to all the towns and places he himself was to visit. He said to them, "The harvest is rich but the labourers are few, so ask the Lord of the harvest to send labourers to his harvest. Start off now, but remember, I am sending you out like lambs among wolves. Carry no purse, no haversack, no sandals. Salute no one on the road. Whatever house you go into, let your first words be, 'Peace to this house!' And if a man of peace lives there, your peace will go and rest on him; if not, it will come back to you. Stay in the same house, taking what food and drink they have to offer, for the labourer deserves his wages; do not move from house to house. Whenever you go into a town where they make you welcome, eat what is set before you. Cure those in it who are sick, and say, 'The kingdom of God is very near to you'."



3 Reflect

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

The instructions to the seventy-two who are sent out are direct and simple. They are really sent out like lambs among wolves, without food, without distractions, without baggage, without spares. The version in the Gospel of Mark allows them sandals, presumably to enable them to make more speed on their journey, for the urgency of the task is paramount. They are not to be distracted by picking and choosing their accommodation or their food. Direct, too, is their method: to impart the blessing of peace and to heal. No second chance: if the blessing is rejected, away they go, leaving the town to a fate worse than that of Sodom! Last Sunday's gospel demanded an uncompromisingly whole-hearted response to Jesus from the apostles. This Sunday the apostles demand the same response to their own message. Again the absolute demands of Jesus! There is a wonderful simplicity about this message of the coming of the Kingdom: all that is involved is peace and healing. No squabbles, no fripperies, no complications of doctrine. If these Kingdom values can remain the focus of our Christian vision, we may make some progress towards bringing the Kingdom of God to reality in our own surroundings.

What would you say are the most important aspects of the Kingdom? What sort of healing can I bring in my own surroundings?
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 7th July 2019



First Reading: *As a Mother Comforts her Child*

Isaiah 66:10-14

Rejoice, Jerusalem, be glad for her, all you who love her! Rejoice, rejoice for her, all you who mourned her! That you may be suckled, filled, from her consoling breast, that you may savour with delight her glorious breasts. For thus says the Lord: Now towards her I send flowing peace, like a river, and like a stream in spate the glory of the nations. At her breast will her nurslings be carried and fondled in her lap. Like a son comforted by his mother will I comfort you. And by Jerusalem you will be comforted. At the sight your heart will rejoice, and your bones flourish like the grass. To his servants the Lord will reveal his hand.

We are used to the imagery of God as Father, the creator and initiator of all things. But there is no gender or sex in God; God infinitely transcends such human limitations. So there is also room and need for a gentler image of God as mother: 'As a mother comforts her child, so will I comfort you', promises this passage, even daring to invoke that most maternal and intimately loving and trusting image of the child feeding at its mother's breast. Such imagery for God as mother occurs in other biblical passages as well, such as Psalm 131, where the contentment of the believer in God is compared to that of a little child in its mother's embrace; or Hosea 11:1-4, where God's loving care is described in terms of a parent leading and feeding a child. The child is now growing up, and God's maternal love continues throughout our lives. One of the chief Hebrew words describing God's love for his people is rahamim, the plural of rehem, which means a mother's womb. God's love involves, therefore, that instinctive gut-feeling of a mother for her child, which can never be destroyed or overruled.

What is scripture teaching us when it uses the imagery of parent to describe God? How may we make use of such imagery in prayer?

Second Reading: *The Triumph of the Cross*

Galatians 6:14-18

The only thing I can boast about is the cross of our Lord Jesus Christ, through whom the world is crucified to me, and I to the world. It does not matter if a person is circumcised or not; what matters is for him to become an altogether new creature. Peace and mercy to all who follow this rule, who form the Israel of God. I want no more trouble from anybody after this; the marks on my body are those of Jesus. The grace of our Lord Jesus Christ be with your spirit, my brothers. Amen.

“Everything is new about the Christian baptized into Christ.”

This is the final reading for this year from the fiery letter to the Galatians. It also provides the entry antiphon for Maundy Thursday, as we enter upon the celebration of the Lord's Passion and Death. Paul is again comparing the Law and the Cross. Instead of glorying in the physical mark of circumcision, the symbol of subjection to the Law, he glories in the Cross 'branded on' his body (he must mean in a symbolic sense by baptism - unless he means the scars of the floggings he received) which makes him a new creation. Everything is new about the Christian baptized into Christ, having left behind the old, mundane pre-occupations to embrace the new freedom inspired by the Spirit. This sounds all very well, but we know (and Paul knows too) that it is a constant challenge to bring this new life and new scale of values into reality: 'The good thing I want to do, I never do; the evil thing which I do not want - that is what I do', he laments when writing to the Romans. We are already reconciled to God, but only once does Paul say we are already saved. Even then it is 'saved in hope', which puts it into the future.

How far does my new life in Christ express a new scale of values?

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

w: www.wednesdayword.org

e: info@wednesdayword.org

Happy Birthday to... Holly-Mai Boone-Jolley, Artiom Patrov,
Lucy Richardson, James Harten, Darrelle Koranteng-Appleton,
Francesca Griffiths, Mason Thompson, Isla Ryall



Merit Certificates:

Butterflies: Violet Aldous, for enthusiastically completing our number challenge, finding different ways to make 10

Ladybirds: Teodora Fedeles, for great work on number bonds

George Green, for taking his time and concentrating to make a great jellyfish

1D: Aimee Kuttin, for her fantastic attitude to learning in all subjects

1S: Amelia Randle, for lovely capacity work

2C: Noah Corrigan, for excellent maths work

2HD: Alayna Selling, for being an incredible, sensible, hard-working and lovely child

3G: Andrew Burns, for his amazing progress in maths, especially with his times tables

3N: Mitchell To, for his excellent attitude

4C: Charlie Usedon-Duff, for being a super role model in literacy

4E: Aliyah Fraser, for writing a good story ending

5P: Szymon Budzynski-Wajda, for working really hard in art and at St. Marks this week

5S: Izzy Cobie, for being a great role model, with an excellent attitude, working hard in all subjects.

6CA: Viktoria, Lucan, for being so sensible and caring to everyone at After School Club

6ND: Bethany Akers, for always working conscientiously and being a good role model for others

Diary Dates

Menu Week 2

Last week of clubs

Monday 8th July

Y6 Residential Trip 7am

4E Swimming

Dance 3.15-4.15

KS1 Cricket & Rounders 3.15-4.15

Tuesday 9th July

Year 4 visit to St Marks

Multisport Club KS1 3.15—4.15

Choir

Wednesday 10th July

Athletics Club KS1 3.15-4.15

Cricket & Rounders Club KS2 3.15—4.15

Karate 3.15- 4.15

Thursday 11th July

Year 5 visit to St. Marks

Choir

Athletics KS2 3.15—4.15

Friday 12th July

Reception trip Southend

Y1 PWP Trip

Tennis Club KS2 3.15 -4.15

Karate 3.15 -4.15

House Points

Congratulations to the
winning house St Patrick

S. McGuigan

Miss S McGuigan

Headteacher

Please download our News & Events
App for dates for the year. Details
are available on the schools website
under News & Events at
www.holycross-pri.essex.sch.uk

Shaw Kelliher

Mr S Kelliher

Deputy Headteacher