



# Holy Cross Catholic Primary School

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www.holycrossprimarysthelens.co.uk

Twitter/X - @holycrossthe1

01/12/2023

Advent Prayers: Week One

# Hope



iBelieve.com

*Dear Jesus, you are the hope in our messy world. This Advent, help us slow down, listen to your voice, and focus on what's really important. We place our hope in you as we prepare our hearts to celebrate your birth on Christmas.*

*Amen.*



The children took part in the Football Cluster Cup for Year 3. We competed against a number of other schools in a round robin style tournament. The children won 3 out of the 4 matches played and Mr Gilchrist commended the determination and teamwork from all the children. Well done boys! A huge thank you to Mr Gilchrist too!

*We care, We share, We value.*



# Christmas is coming!!



Our Christmas fayre is on **Thursday 14th December - After school** for parents and carers to attend and

**Friday 15th December** will be a Christmas Fayre for all children **in school time** (children to bring in money to spend at the fayre on this day. No more than £5).

IN THE RUN UP TO CHRISTMAS WE ARE HOLDING 3 WEEKS OF GIVING. ON THESE DAYS YOU WILL NEED TO TAKE THESE ITEMS TO CLASS WITH YOU WHERE YOU WILL RECEIVE A STAMP ON YOUR DONATION CARD FROM YOUR TEACHER. WHEN THE CARD IS FULL YOU CAN EXCHANGE IT FOR A FREE TURN ON A STALL AT THE CHRISTMAS FAIR (HOOK A BAUBLE, TOMBOLA, CHOCOLATE TOMBOLA AND MANY MORE),  
**NO CARD WITH 3 STAMPS, NO FREE TURN,**

## THE ITEMS ARE AS FOLLOWS -

Week 2 **08.12.23 (Friday)** - Bring in a **chocolate** item for the chocolate tombola. **OWN CLOTHES DAY**

Week 3 **14.12.23 (Thursday)** Christmas Fayre (after school) - Bring in **Posh (alcohol) bottles or cakes.** **OWN CLOTHES DAY**

**15.12.23 (Friday)** Christmas Fayre in school time for children - No donation needed **MAXIMUM £5** to spend at the Fayre - **OWN CLOTHES DAY.**



# Our Well-being Award

## Objectives

As part of journey to being accredited with the Wellbeing Award for Schools, we have objectives in place to ensure that we achieve our goals.

The Wellbeing Award for Schools has a real impact on whole-school communities, and recognises schools that embed a culture which values the happiness and emotional welfare of all its members.

It's a demanding process that involves the whole school community. It asks everyone to get involved in a degree of self-scrutiny that can be challenging and then to work together to develop a plan for change.

Both the Department for Education and Ofsted have supported this approach, stressing that promoting good mental health is the responsibility of all the people who make up a school community: its staff and governors, parents and pupils, and partner organisations beyond the school gates.

The Wellbeing Award supports schools to create a culture in which mental health can thrive, helping them to:

- Show the school's commitment to promoting wellbeing as part of day-to-day school life.
- Develop a whole school strategy for improving the wellbeing of pupils.
- Attract and retain high-quality staff.

We will be share regular updates of our journey with you, along with tips and strategies for supporting mental health and well-being.



### Wellbeing Award for Schools

- 1 Commitment**  
The school is committed to promoting and protecting emotional wellbeing and mental health by achieving the Wellbeing Award for Schools
- 2 Vision and strategy**  
The school has a clear vision and strategy for promoting and protecting emotional wellbeing and mental health, which is communicated to all involved with the school
- 3 Culture**  
The school has a positive culture which regards emotional wellbeing and mental health as the responsibility of all
- 4 Staff wellbeing**  
The school actively promotes staff emotional wellbeing and mental health
- 5 Professional development**  
The school prioritises professional learning and staff development on emotional wellbeing and mental health
- 6 Support**  
The school understands the different types of emotional and mental health needs across the school and has systems in place to respond appropriately
- 7 Community**  
The school actively seeks the ongoing participation of the whole-school community in its approach to emotional wellbeing and mental health
- 8 Networks**  
The school works in partnerships with other schools, agencies and available specialist services to support emotional wellbeing and mental health





# INFANT MENTAL HEALTH

## the facts



90% of the growth of the human brain happens before the age of 5yrs

Anxiety & stress stimulate the stress hormone cortisol in a baby's brain



But comfort, warmth & touch stimulate oxytocin in a baby's brain - they feel safe & learn to relax



**Bonding & Attachment matters**

Holding, talking, playing & eye-gazing all have an impact on early brain development



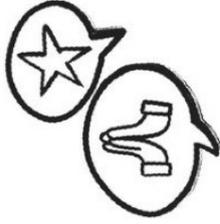
Attachment matters - sensitive & responsive relationships during the first 1001 critical days predicts good mental health, a sense of security & positive development throughout life

So...Infant Mental Health is kinda important!

# December Kindness 2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

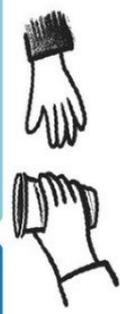
29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

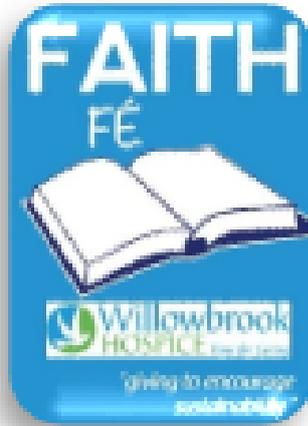
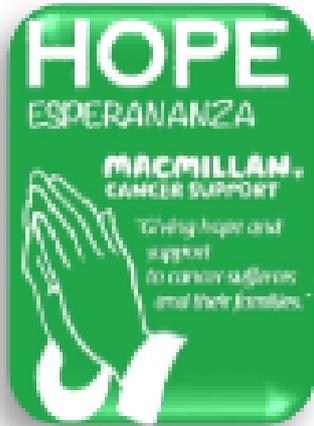
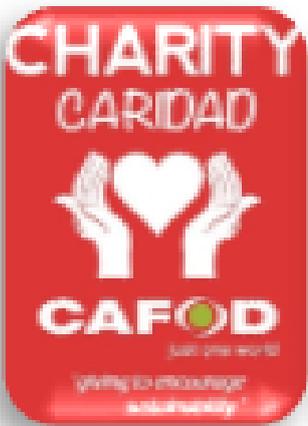
31 Plan some new acts of kindness to do in 2024

ACTION FOR HAPPINESS

Happier · Kinder · Together



# House Teams Weekly Points



7,500

7,373

7,296

7,399



Leader Board this week			
Charity	Hope	Faith	Peace
805	782	846	719

## STARS OF THE WEEK



# Attendance

School Matters!



Attend Today, Achieve Tomorrow

Our whole school attendance this week is

**96.3%**

The Government set target is 97%.

Well done to

**Year 1**

for having the best attendance this week with

**99%**

## Attendance this week

Nursery	98%
Reception	94%
<b>Year 1</b>	<b>99%</b>
Year 2	93%
Year 3	95%
Year 4	98%
Year 5	98%
Year 6	96%

## Getting Your Child to School Really Matters



### Did You Know... ?

In a School Year, If Your Child is Late Every Day By...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

<b>5 Minutes</b>	<b>3.5 Days from School</b>	<b>20 Lessons</b>
<b>10 Minutes</b>	<b>7 Days from School</b>	<b>41 Lessons</b>
<b>15 Minutes</b>	<b>10 Days from School</b>	<b>55 Lessons</b>
<b>20 Minutes</b>	<b>14.5 Days from School</b>	<b>82 Lessons</b>
<b>30 Minutes</b>	<b>22 Days from School</b>	<b>123 Lessons</b>

**Please Encourage Punctuality to Maintain Attendance**

## Happy Birthday!

On this special day,  
we celebrate how blessed the world  
became when God gave us you.



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Levi-Paul Lee  
Thomas Kenrick  
Dacia Sears

*We care, We share, We value.*

## Y4 Brass—Friday

Year 4 must bring their instruments to school each Friday.

## Swimming—Wednesday's

Y6 need their swimming kit in school every Wednesday—the coach leaves at 9.00am

## School clubs

Monday: Y4-Y6 Football 3.15-4.15pm

Wednesday: Y1-3 Dodgeball 8.00-8.45am

Thursday: Y3-Y6 Board Games 3.30-4.00pm

### SCHOOL TERMS AND HOLIDAY DATES 2023/2024

Term	School opens on:	School closes on:
Autumn term 2023	5th September	27th October
	<del>6th November</del>	22nd December
Spring term 2024	8th January	9th February
	19th February	28th March
Summer term 2024	15th April	22nd May
	5th June	23rd July
Inset days	<del>4th September</del> 23rd May & 24th May 3rd June & 4th June  <u>Bank Holidays</u> 29th March 1st April 6th May	

Year Group	Homework
N	Library book read to them (each night) Talking task – phase one phonics (weekly) Practical maths (weekly)
R	Reading (each night) Reading & spelling tricky words practice (weekly) Number (weekly)
KS1	Reading (each night) Times Tables (each night) Reading & spelling tricky words practice (weekly) Maths (weekly) English comprehension (weekly)
KS2	Reading (each night) Times Tables (each night) Reading & spelling tricky words practice (weekly) Maths (weekly) English comprehension (weekly)

**CYPMHS Crisis Response** service as they have had some updates.

This service is for Children & Young People who are in need of immediate assistance for their **mental health or behaviour.**

<https://www.mersecare.nhs.uk/our-services/warrington/child-and-adolescent-mental-health-service-crisis-response->



Do you have the skills to foster?  
01744 671199 [stHelens.gov.uk/fostering](http://stHelens.gov.uk/fostering)



# MUSIC SERVICE ENSEMBLES AT ST HELENS TOWN HALL 2023 - 24 FREE!

**TUESDAY...**  
VOCAL GROUP  
4.30PM - 5.50PM

**WEDNESDAY**  
WIDER OPPORTUNITIES BAND  
4PM - 5PM

**WEDNESDAY**  
INTERMEDIATE WIND BAND  
4PM - 5PM

**WEDNESDAY**  
INTERMEDIATE STRINGS  
4PM - 5PM

**TUESDAY...**  
ROCK & POP BAND  
4.30PM - 5.50PM

**WEDNESDAY**  
MUSIC THEORY CLUB  
4PM - 5PM

**WEDNESDAY**  
YOUTH WIND ORCHESTRA  
5.15PM - 6.30PM

**WEDNESDAY**  
SINFONIA  
5.15PM - 6.30PM

**WEDNESDAY**  
MUSIC THEORY CLUB  
5.15PM - 6.30PM



INSPIRING MUSICAL CREATIVITY  
FOR EVERY CHILD AND YOUNG PERSON IN MERSEY



@sthelensmusic



@sthelensmusic.service

01744  
677946

music.service@sthelens.gov.uk

SCAN THE QR CODE  
BELOW TO JOIN AND  
REGISTER TODAY



Holy Cross Church will be holding a

# Christmas Fayre

in their Parish Hall this Saturday  
2nd December at 1pm.

Please come along and have fun  
with your family. Please show  
support to our church and local  
community.

Holy Cross Parish Hall  
Corporation Street  
St Helens  
WA10 1EF



This Christmas, we are again supporting Chris Lamb with the Chocolate Orange Challenge. Chocolate oranges donated will be distributed to NHS staff across the borough as way for the people of St. Helens to show their thanks for the work of our NHS staff. We are taking collections up to 14th December. On 15th December our choir will perform Christmas Carols outside the Town Hall which will be a drop-off point for last donations.

**DATE: SATURDAY 9TH DECEMBER 2023**  
**TIME: 11AM START**  
**VENUE: VICTORIA PARK, WA10 2UE**  
**CHRISTMAS STARTS HERE!**

ST HELENS  
BOROUGH COUNCIL

## What do I need to know?



**HOW FAR?** The route is 4km long.

**DO I HAVE TO RUN?** Absolutely not - this is a fun, family-friendly event. You can walk, jog or skip your way round.

**HOW DO I REGISTER?** You can register online by scanning the QR code to the left, or visit:  
<http://bit.ly/sthelenssantadash2023>

**WHAT SHOULD I WEAR?** Safe footwear is a must, then whatever you feel comfortable and are able to walk/jog in. Fancy dress is welcomed.

**HOW MUCH IS IT TO ENTER?** £5 for adults and £2 for children aged 5-18 years. Children under 5 are welcome free of charge. Every paying participant will receive a Santa hat to wear on route, plus a medal when you finish. If you would like a Santa hat and medal for a child under 5, you are welcome to pay the £2 if you wish. If you have any further questions, please phone the Active Lives & Sports Development Team on 01744 675403 or email [markhurst@sthelens.gov.uk](mailto:markhurst@sthelens.gov.uk)



See Miss Davies for more information on main meals for the family for £4 per week.

Wesley Methodist Church  
Vincent Street, St Helens WA10 1LF

For **a small weekly fee** local residents can join up as members and access a whole range of benefits.

Entrance to a weekly shop at the Pantry

Meet new people or volunteer

Free welcome gifts

Pay by cash or standing order

There are no qualifying rules for joining and we also give out tea/ coffee and toast while you wait.

A limited number of memberships available

Opening times:

**Tuesday**

 [www.yourlocalpantry.co.uk](http://www.yourlocalpantry.co.uk)

 @Hopesthelens  @Hopesthelens

You can also call us on 01744 264 14