

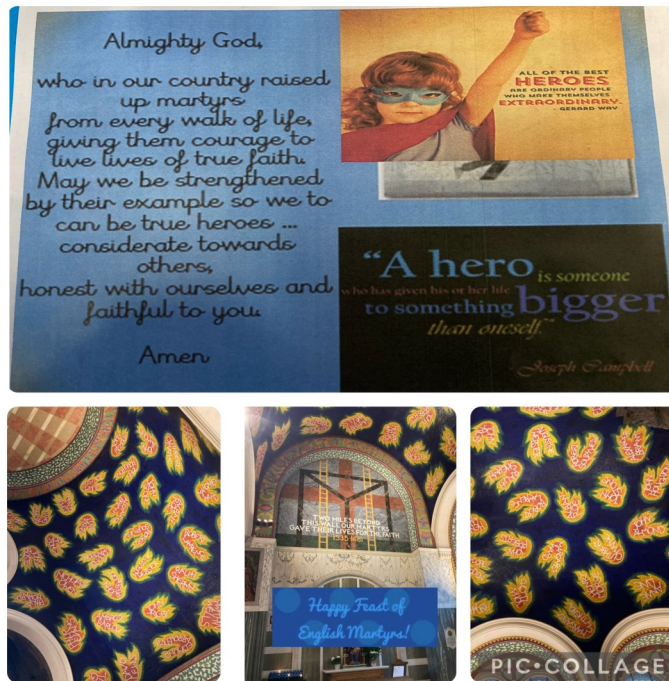
May 2024



English Martyrs'  
Catholic Primary School  
Loving Jesus, Loving Learning, Loving Life  
Part of the Bishop Bewick Catholic Education Trust



## Summer Term 3a Newsletter



# Message from Miss Elliott

We have had another fun filled and productive half term and as we look forward to the upcoming holiday it's a perfect time to relax and recharge ready for the final half term this year.

The children have worked incredibly hard this term, especially our Year 6 pupils. Their determination and perseverance in approaching their SATs have been commendable, and we are all immensely proud of them. It's important to remember that these SATs provide just a snapshot of each child's abilities on a particular day; they don't capture or celebrate the unique qualities that make each of our children special. At English Martyrs' School, we recognize and rejoice in the individual talents and gifts of all our students.

This term, we also celebrated the Feast of English Martyrs. We believe the English Martyrs were the heroes of their time, and our children have been inspired to emulate their example - both at school and at home.

It was lovely to welcome so many families into school as our 'Family Breakfast' returned. It was a fantastic event and we look forward to future breakfasts! A huge thank you must go to the staff for working so hard.

Our Year 1 children began our cycle of Stay and Pray time where their families joined them for reflective liturgies celebrating the Feast of Pentecost. We look forward to more Stay and Pray time after half-term.

It was lovely to end our half term together listening to the messages from Pope Francis and Bishop Stephen celebrating World Children's Day.

We look forward to a very busy last half term in school. Please take time to read the future diary dates as there are many opportunities for parents to join us in school next half term.

I wish you all a wonderful holiday - relax and enjoy!

*Miss Elliott*



# First Holy Communion



Congratulations to all of the children who made their First Holy Communion.

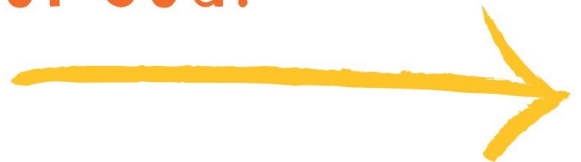
# World Children's Day

Mr Kennedy led an assembly as part of World Children's Day celebrations. The children heard messages from Bishop Stephen, the Youth Ministry Team and Pope Francis who all spoke about the key message that we can all feel small sometimes, but that Jesus sees each one of us, and he loves us very much.

**Happy**  
World  
Children's  
Day !!

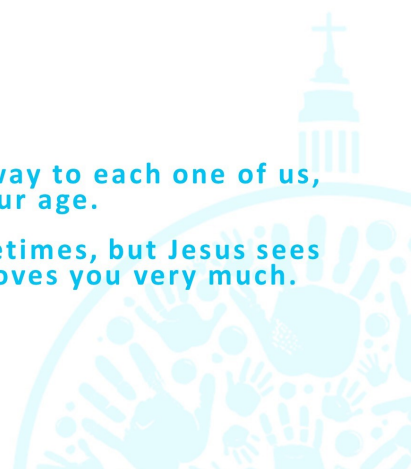


Here is a message from the Youth  
Ministry Team. Today we **CELEBRATE**  
that we are **ALL**  
**Children of God!**



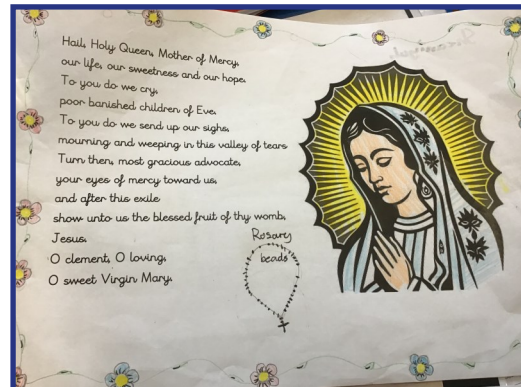
Jesus speaks in a special way to each one of us,  
whatever our age.

We can all feel small sometimes, but Jesus sees  
each one of us, and He loves you very much.



# May—The Month of Our Lady

As May is the month of Our Lady, a 'pop up' travelling rosary prayer box has been moving around each class, to help us to learn and enjoy reciting and understanding the importance of prayer. Each class has been given a mini mission to complete as well as focusing on the rosary.



A special thank you to Matthew in Y4 for creating the travelling rosary design and to Sumaya for teaching the children in Y4 this lovely prayer.

# Pentecost Prayer Stations

This week in school we have been celebrating the Feast of Pentecost and the children have taken part in interactive prayer stations. The year 6 children have created prayerful reflections based on the Gifts of the Holy Spirit. Children from Nursery to Year 6 have taken part in an immersive prayer experience, reflecting on the meaning of Pentecost. We are very proud of our children and how they participate very respectfully and show reverence whilst they are spending time being still with God.



# Feast of the Ascension

Our Year 6 Faith in Action children, prepared and led our celebration of the Word for the Feast of the Ascension. Throughout the year, especially during Advent and Lent, our Y6 children have also prepared and led whole school worship. Thank you to all children who have helped support the prayer life of our school.

## Word

Reading from the Holy Gospel according to Mark  
Glory to you O Lord



Mark 16, 15-18

This is the Gospel of the Lord  
Praise to you Lord Jesus Christ

## Respond



As we reflect on the story of Jesus returning to heaven, remember also his promise to be with us. Even though he is no longer visible on earth, he is still present in our hearts, minds and actions.

## Mission



The Feast of the Ascension means we must now be the presence and voice of Jesus in the world.

Be kind and spread the love by being kinder. Spread the love to all. Being kind for one of your classmates.

## The Feast of the Ascension of Our Lord



# Stay and Pray

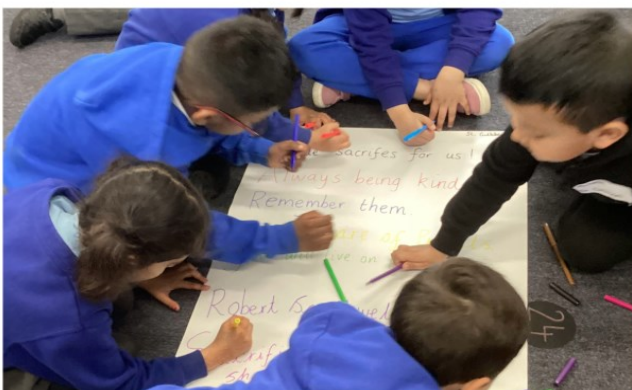
Thank you to all of our parents who took time to come to our Y1 'Stay and Pray' on Tuesday. Our year 1 children led a reflection beautifully for Pentecost. It was a very prayerful experience for all.





# Feast of English Martyrs'

On Friday 3<sup>rd</sup> May, the children celebrated the feast of The English Martyrs. They looked back on many of the Saints who gave their life for their faith such as Robert Southwell, John Boste, Nicholas Owen and Margaret Clitherow. After Key Stage 2 celebrated mass with Father John the whole school spent the day with their house groups where they enjoyed many different activities in remembrance of the martyrs including poem writing, hand art, wild creations and priest whole construction. Everyone enjoyed the day in the sunshine, (especially with the ice lollies!)



# Feast of English Martyrs'



# YMT Residential

The Year 4 and 5 children who attended the residential at the Emmaus Youth Village had a fantastic few days. They enjoyed scavenger hunts, riddles, crafts, beautiful walks as well as spending some valuable time quietly reflecting on the important people in their lives who help them to feel valued and loved.



# Family Breakfast

Thank you to all our families who joined us for Friday Family Breakfast this morning. We were blown away by the number of families who supported this event.

Our last Friday Family Breakfast was in February 2020, and it was fantastic to be able to restart this wonderful event.

Thanks to all the staff for their hard-work!



# Water Safety Workshops

This half term we were delighted to welcome Tommy from Tyne and Wear Fire and Rescue Service into school to discuss the dangers of water and how to keep safe. Tommy held workshops with pupils from Years 1 to 6.

Tommy was able to explain the important elements of water safety; how to swim, float and recognise dangerous situations around water.



# Earth Day

The school Geography team led an assembly where they invited children to take part in an Easter Upcycling Challenge. The children were asked to create their very own upcycled project.

Thank you to all those who entered and congratulations to the prize winners!



# New Home Project

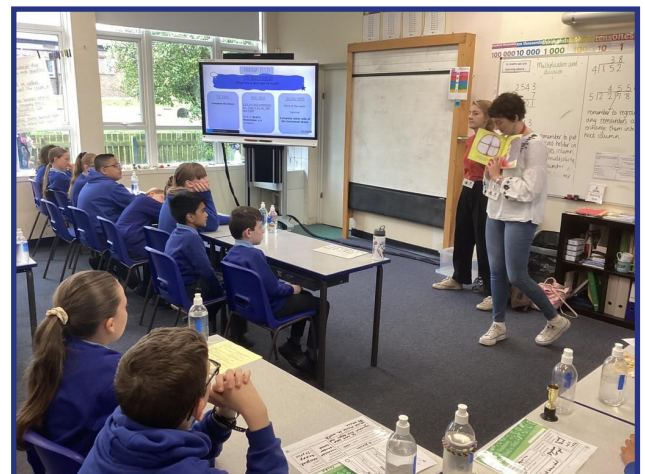
Year 5 were visited by Helen King researcher and author, alongside illustrator Lily Kroese.

They introduced the pupils to 'New Home', which is a children's book written and illustrated by asylum seekers living in Newcastle.

Listening to the story allowed the children to think about how the people in the story would feel; it helped them reflect on their actions towards people experiencing personal hardship.

The children were so impressed by the moving story and offered their own ideas for how they could help to welcome refugees to our community.

During the workshop, they decorated a fabric square which will be sewn together by Lily to create a "belonging" scarf for their classes.



# Football

Well done to our girls football team who recently competed in the Tony Knox football trophy.



## Reminder - Feeding Families

### What is Feeding families?

Feeding Families is a North East charity who offer support to those experiencing food poverty.

English Martyrs is proud to now be a partner organisation to Feeding Families, which enables us access

Emergency Food boxes and support packages for families in our school.

It is important that no body ever goes hungry. We will be keeping emergency food boxes in school for families to access.

### What's in the boxes?

The boxes have enough food to support up to 2 people for 3 days. Each family will receive the number of boxes that reflect the family size. E.g. family of 5 will get three boxes. The boxes should be used as short term support.

### How can I access the boxes?

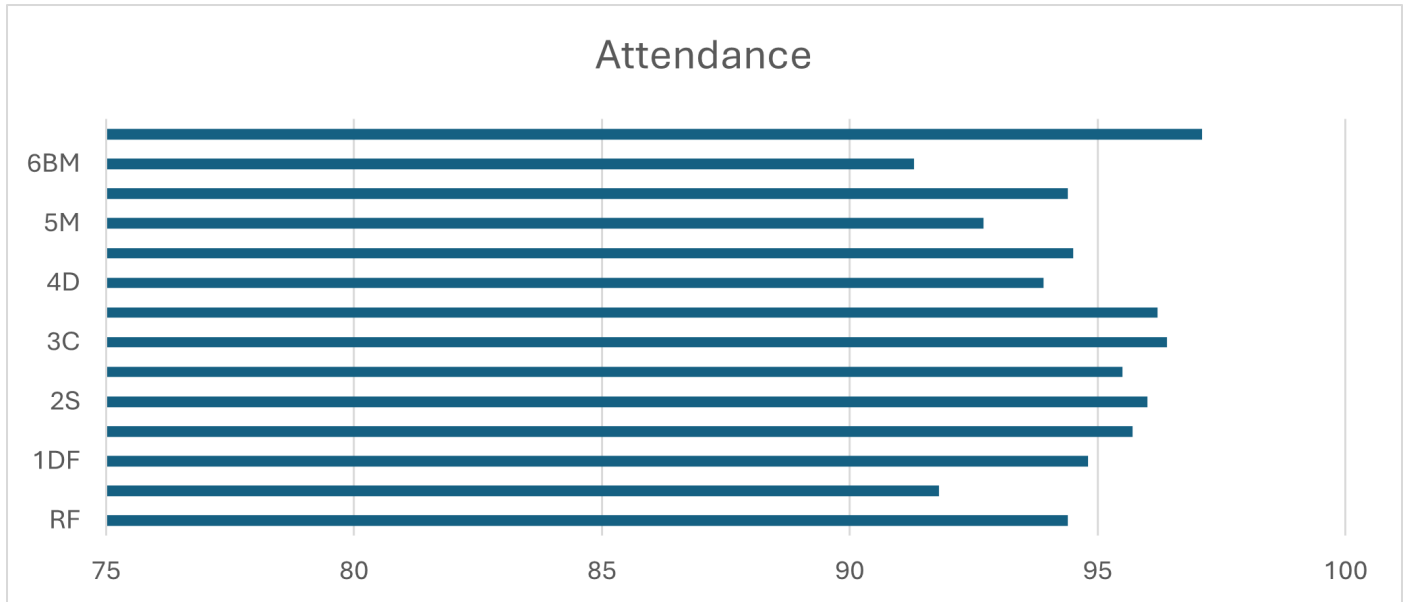
Contact the office and ask to speak with Miss. Moran. Alternatively, an email may be sent. Miss Moran can support with getting the boxes out/collected.





# Attendance

Well done to the children in Y6W who had the best attendance this half-term!



# House Points

Congratulations to the children in St Hilda who won our House Point challenge this half term!



**Total Points - 1109**

# Online Safety—WHATSAPP

All The National College, our WakeUp/Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Carers Need to Know about WHATSAPP

With more than two billion active users, exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients; not even WhatsApp itself can read them! His privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

**AGE RESTRICTION 13+**

### WHAT ARE THE RISKS?

#### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

#### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

#### FAKE NEWS

WhatsApp's connectivity and ease of use means news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

#### 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing content' – but a recently added WhatsApp feature now blocks this, citing increased privacy.

#### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

#### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

#### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution; get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

#### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

#### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My contacts' or 'My contacts (except ...)'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

#### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

**WakeUp Wednesday**

**The National College**

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# Encouraging Healthy Friendships

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

### 1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

### 2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

### 3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

### 4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

### 5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

### 6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

### 7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

### 8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

### 9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

### 10 SPOT THE SIGNS

We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

### Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



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# Dates for your diary...

## Summer Diary Dates

### May

- 21<sup>st</sup> Y1DF Stay and Pray 2.50pm  
Pedestrian training (classroom session) Year 3
- 23<sup>rd</sup> 'New Home' refugee project with Helen King (author) TBC Y5 or 6

**27<sup>th</sup> to 31<sup>st</sup> May 2024 – School closed for May half-term**

### June

- 4<sup>th</sup> Y2S Stay and Pray 9.10am  
Y2W Stay and Pray 2.50pm  
Pedestrian training Year 3
- 5<sup>th</sup> Nu Academy football tournament
- 6<sup>th</sup> D-Day themed lunch
- 7<sup>th</sup> Y4 Going Forth Mass 10am Main Hall
- 11<sup>th</sup> Y5M Stay and Pray 9.10am  
Y5MC Stay and Pray 2.50pm  
Pedestrian training Year 3
- 14<sup>th</sup> Y4 Visit to Vindolanda
- 18<sup>th</sup> Y4D Stay and Pray 9.10am  
Y4SM Stay and Pray 2.50pm  
Pedestrian training Year 3
- 20<sup>th</sup> Red Cross Empathy Migration Workshop
- 21<sup>st</sup> Y1 Visit to Alnwick Gardens & Lilidorei
- 24<sup>th</sup> Y2 Visit to Newcastle Keep
- 25<sup>th</sup> Y3T Stay and Pray 9.10am  
Y3C Stay and Pray 2.50pm  
Pedestrian training Year 3

### July

- 1<sup>st</sup> Y6 YMT Festival (info to follow)
- 2<sup>nd</sup> RP & 6W Stay and Pray 9.10am  
RF & 6BM Stay and Pray 2.50pm
- 3<sup>rd</sup> Sports Day (info to follow)
- 4<sup>th</sup> Y6 Leaver's Mass (Cathedral)
- 5<sup>th</sup> Beach Day Themed Lunch
- 9<sup>th</sup> Y6 Production (time tbc)  
Pedestrian training Year 3
- 10<sup>th</sup> Y6 Secondary transition 1 (St Cuthbert's and Sacred Heart)  
Nursery – Teddy Bears Picnic (more info to follow)
- 11<sup>th</sup> Reception Graduation (more info to follow)
- 12<sup>th</sup> Y6 transition 2 (St Cuthbert's and Sacred Heart)  
Nursery (Stay & Play Session) 10-11am  
Moving up morning
- 17<sup>th</sup> Leavers Mass (tbc) Whole school
- 18 Leavers assembly

**SCHOOL END OF TERM**

*Please note school will break up on Thursday 18 July 2024 (normal time finish)*