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# ENGLISH MARTYRS NEWSLETTER

Issue: 22

[www.englishmartyrswakefield.org.uk](http://www.englishmartyrswakefield.org.uk)

10<sup>th</sup> March 2017

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## PARISH MASS TIMES

Saturday Evening:	St. Austin's	6.15 p.m.
Sunday Morning:	St. Austin's	8.15 a.m.
	English Martyrs	9.30 a.m.
	St. Austin's	11.00 a.m.
Polish Mass:	St. Austin's	3.30 p.m.
Sunday Evening:	St. Austin's	6.00 p.m.



**Statement to Live By: I try to keep going when things are difficult and not to give up hope.**

Overall school attendance for this academic year so far is 95.1%  
This is below the National Average 95.6%  
Attendance for last week was 94.7% - below the  
National Average - please make every effort to attend school where possible.

## DIARY DATES

Wednesday 15<sup>th</sup> March - Parent/Carers Consultation - Appointment times distributed today.

Friday 17<sup>th</sup> March - Wear Green for NSPCC non-uniform day - £1 donation

Good Shepherd Fund Raising days (see letter previously distributed):-

Monday 3<sup>rd</sup> April - Year Nursery and Reception Bun/Biscuit sale - 20p

Tuesday 4<sup>th</sup> April - Y1 & Y6 Bun/Biscuit sale - 20p

Wednesday 5<sup>th</sup> April - Y2 & Y5 Bun/Biscuit sale - 20p

Thursday 6<sup>th</sup> April - Y3 & Y4 Bun/Biscuit sale - 20p

Friday 7<sup>th</sup> April - Wear Silly Socks or Terrible Tie - 20p fine

Wednesday 12<sup>th</sup> April - Easter Bonnet Parade (50p entry) 9am with additional parade at 12:30pm for afternoon Nursery.

Wednesday 12<sup>th</sup> April - Giant Easter 'Eggstravaganza' Raffle Draw

Wednesday 22<sup>nd</sup> March - 3:30pm Robinwood Meeting for parents

Monday 10<sup>th</sup> April 2:15pm Y1 & Y2 Lead Palm Sunday Liturgy

Tuesday 11<sup>th</sup> April 2.15pm Y3 & Y4 Lead Maundy Thursday Liturgy

Wednesday 12<sup>th</sup> April 2.15pm Y5 & Y6 Lead Good Friday Liturgy

Wednesday 12<sup>th</sup> 3.15pm School Closes for Easter Holidays

Thursday 13<sup>th</sup> April INSET day for teaching staff

Friday 14<sup>th</sup> April Good Friday

Monday 24<sup>th</sup> April - School reopens

**FOUNDATION STAGE** - 4<sup>th</sup> April, 2<sup>nd</sup> May, 23<sup>rd</sup> May, 13<sup>th</sup> June and 4<sup>th</sup> July - 8:40-9:10am or 2:30-3pm - Parents and carers are welcome to pop in and contribute to their child's profile.



As from the 21<sup>st</sup> March we will be using SchoolCal to share news, information and updates with parents and governors. SchoolCal is a web, mobile and smartphone app based platform that will enable us to share school activities with you easily.

We will be able to send messages, reminders, pictures, diary dates and documents directly to you.

For further information or general FAQs please visit the SchoolCal support site

(<https://schoolcal.zendesk.com>)

More information to follow next week.

### **INTERNET AND CHILD SAFETY**

INTERNET & CHILD SAFETY (a useful tip for adults too!)

Sleep plays a crucial role in learning and development, and not just for children. Sleep serves as the 'downtime' our brains need to sort and file the day's sensory and emotional experiences into the various storage systems around the brain. Throughout the day your brain is bombarded with millions of pieces of information every second, whether that be from simple inputs like seeing that the bus is coming, or paying attention in class or at work, writing notes, having conversations with people, noticing facial expression or tones of voice, remembering action items, and actually actioning the action items.

When we sleep our brains put the rest of our autonomic bodily functions (like our heart rate) into slow motion and set to work on sorting out the day's information inputs - whether they be emotionally or learning loaded; or whether they need long-term storage, or deleting from memory.

Not enough sleep means not enough time to keep the brain files in order.

*Sleep is that golden chain that ties health and our bodies together ~ Thomas Dekker*

**Preparing our brains for sleep is also important in improving the quality of our sleep.**

Darkness tells your brain to go to sleep. A device that emits not only blue light but lots of squirts of dopamine to your brain, says 'wakey-wakey'!

The sun was our first alarm clock. When the sun came up, people woke up. Our brains haven't adapted the ability to differentiate between sunlight and light emitted from the smartphone!

Using devices before bedtime not only sends confusing signals in the form of light, but the content of the visual stimulus also switches on our brains at the very point when they should be switching off. Rather than a spinning top, winding down and running out of energy - we are powering up our minds with huge inputs of sensory and cognitive information just when it's time to start the processes of tidying up the day's mental work.

**Setting a Digital Sunset provides a space in which we can power-off and unplug our minds in preparation for sleep.**

It is simple, set an alarm for 30 to 60 minutes before your ideal bed time, which means actually having a sleep schedule to begin with. You might find to begin with 20 minutes is a good start. That's not to say you shouldn't do anything during this time. Reading a book has been a night-time pleasure for generations, and bedtime stories for children are especially important positive habit forming rituals, but the important difference is not only the lack of blue-light but the continuity of information and visual focus required to read a book (as opposed to attention-switching limited mobile phone posts of likes, comments and LOLs).

*Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer the goal. ~ Elbert Hubbard*



## STARS OF THE WEEK

Jayden

**Reception - Ashlyn** - Ashlyn has produced some beautiful work this week, trying extremely hard in all she does. She is a wonderful friend who is always kind, polite and helpful with a big smile on her face.

**Year 1 - Louie** - Louie is a little superstar in Year 1! He always shows good manners and is always ready to learn. He impressed all staff with his writing about the Castle trip and was keen to ask and answer questions while we were there! He was a credit to all Year 1 on our trip.

**Year 2 - Jayden** - Jayden is like a little sponge who just loves to learn new facts. He wowed us at the castle with his medieval knowledge. He is also proving himself to be a superstar reader with bags of potential! Well done Jayden.

**Year 3 - Adam** - Wow! What a week Adam has had. His concentration and determination to complete tasks to a high standard has been exceptional. He has shown great mathematical and scientific skills throughout the week. Keep it up Adam, very proud!

**Year 4 - Joshua** - Joshua can always be relied upon to work hard to achieve his best. He has learned his multiplication tables and this has resulted in high mathematical success. He makes us feel so proud of his super talents and gentle humility.

**Year 5 - Thomas R** - Thomas has tried really hard this week to keep his Lenten promise 'to work hard'. He has avoided distraction and taken pride in his work. Well done Thomas, keep it up.

**Year 6 - Emilie** - Emilie has shown amazing resilience this week. She has listened to guidance, kept focused and shown what she is truly capable of. Believe in yourself Emilie and continue to shine like the star you are. Well done.

## WORLD BOOK DAY - BOOK CLUB

Our new **Scholastic Book Club** is up and running! Go to

<http://schools.scholastic.co.uk/english-martyrs-wf2> to browse the latest books and order online. For **every £1 you spend** on this month's Book Club, **our school will earn 20p** in Scholastic Rewards.

Please place your **order online** by **March 13th, 2017**, World book day tokens can be used.

**COMMUNITY GROUP** - meet every Monday during term time in the Parish Centre 3-5pm. All Welcome.

## NOTICES FROM THE DIOCESE OF LEEDS

A LENTEN PRO-LIFE HOUR OF PRAYER AND REFLECTION including the Stations of The Cross will take place on Sunday 12<sup>th</sup> March from 3-4 pm in Corpus Christi Church, Leeds. Assisted by the Franciscan Sisters of the Renewal and followed by refreshments.

TAIZE IN BIRMINGHAM: the Taizé Community are leading a meeting from 28<sup>th</sup> April - 1<sup>st</sup> May for young adults and group leaders with regular prayer, workshops, forums and visits. The Prior, Br Alois, will attend. Different local parishes will host and help. 300 people have already registered from 17 countries. Individuals or groups can attend for one or all days. Booking (cheaper before 28<sup>th</sup> Feb) and details at [http://www.taize.fr/en\\_article20934.html](http://www.taize.fr/en_article20934.html)

On Saturday March 18th, there will be an Evangelisation Forum at Hinsley Hall. Everyone is welcome to attend. If your parish, chaplaincy or school has been involved in any evangelisation projects or initiatives we would like to hear about them. If you would like to find out more about Evangelisation possibilities then please come along to listen to what others have been doing.

Annual Pilgrimage of Reparation to Walsingham; 25 March - contact Catherine Coates: 07443534869 or Pat Sammon: 0113 258 2745 for further details

All night Vigil of Reparation at St Mary's, Horsforth - 12th of each month from 9.30 - contact: Kate 07505767415 or Pat Sammon 0113 258 2745 for further details.

Leeds Diocesan Pilgrimage to Lourdes: 7-13 July. Hospitality Staff always needed. A Hosting meeting is being held on 1 March at Holy Name Church, 52 Otley Old Road, Leeds LS16 6HW at 7pm if you would like to join this team. Contact Jo Jarvis 07881518465 for further details.