



English Martyrs Newsletter

7th February 2025

5th Sunday of Ordinary Time

When Jesus had finished teaching by the lakeside he said to Simon Peter, "Sail out into deep water and let down your nets." "Master," Simon Peter replied, "we worked hard all night long and caught nothing, but if you say so, I will let down the nets." And when he and his companions had done this they netted such a huge number of fish that their nets began to tear and they filled their two boats to sinking point. When Simon Peter saw this he fell at the knees of Jesus saying, "Leave me, Lord; I am a sinful man." For he and all his companions were completely overcome by the catch they had made. But Jesus said to Simon Peter, "Do not be afraid; from now on it is people you will catch." Then, bringing their boats back to land, they left everything and followed him. **Luke 5:1-11**

Our Mission Statement

To accept each individual as they are and to enable them to develop their full potential within a Christ-centred, worshipping community in a spirit of love, happiness and understanding



Children's Mental Health Week



We started Children's Mental Health Week on Monday by joining with tens of thousands of other children from around the country for a live virtual assembly from the School of Kindness. We were joined by



the Puffin class from Palatine School and learnt about how everyone struggles with their thoughts and feelings sometimes—and that this is normal—and how we can look after our mental health. Then, over the week, we've been putting some of the advice into place! Some of our children have been painting trees to reflect on how they are growing and what matters to them, we've had yoga, learning about calming 'bubble breaths', creating 'Smilers' and also taking the time to go for a walk and enjoy the outdoors.



Safer Internet Day

Tuesday 11th February is safer internet day. The NSPCC offer a free online workshop for parents on how to keep your child safe online. The YouTube presentation covers topics such as online bullying, mental health, and social media. As well as highlighting organisations and resources that offer support. The workshop can be found here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/>

Next Tuesday it is Safer Internet Day. We will be learning about this in class, but could you also brush up on your knowledge about how to keep your children safe online? There is a free online safety virtual workshop available from the NSPCC which is about 45 minutes long & could make the world of difference to you and your child. Go to <https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/> and click the white box to watch the workshop on Youtube.

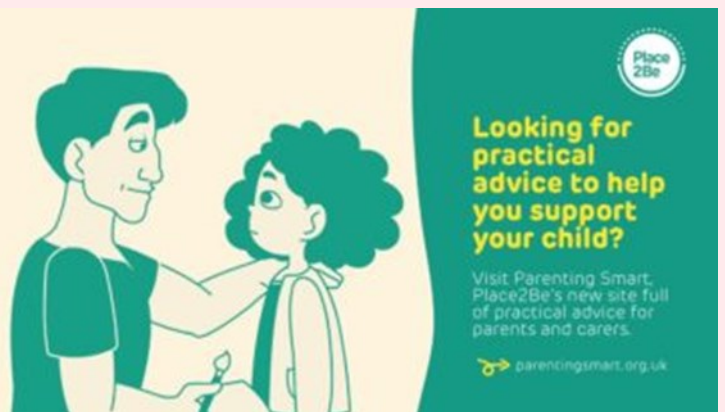
Supporting Children's Wellbeing and Behaviour

Place2Be offer free online parenting advice from child mental health experts in the form of short online videos and articles.

Parenting Smart offers practical advice for parents and carers of children aged 5-11, all of the content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

There is a wide range of topics, from Child friendships and bullying to Helping your child with anger issues. Please have a look at the document on the last page of the newsletter for a full list of topics.

All information can also be found on their website: <https://parentingsmart.place2be.org.uk/>



Spring Term Dates for your Diary

February

Mon 10th & Tues 11th	EY National Child Measurement Programme
Thursday 13th February	Year 4 Roman Day, dress a Roman
Thursday 13th February	Year 5 Class Liturgy 2.45pm
Friday 14th February	Inset day
Monday 17th February	Start of half term
Monday 24th February	Children return to school

March

Monday 3rd March	Year 5 open class 2.45pm
Monday 3rd March	Year 4 open class 2.45pm
Tuesday 4th March	Year 5 Harry Potter Science Day
Tuesday 4th March	EY open class 2.45pm
Tuesday 4th March	Year 1 open class 2.45pm
Wednesday 5th March	Year 2 open class 2.45pm
Thursday 6th March	World Book Day
Thursday 6th March	Year 3 open class 2.45pm
Friday 7th March	Year 6 open class 2.45pm
Thursday 13th March	Parent consultation 4pm-6.30pm
Friday 14th March	Year 1 visit to English Martyrs Church
Tuesday 18th March	Parent consultation 3.30pm-6pm
Thursday 20th March	Year 2 Class Liturgy 2.45pm
Monday 24th March	Rock Steady Concert 9.30am
Monday 24th March	Children's Reconciliation
Thursday 27th March	Year 3 trip to Buster Farm

April

Thursday 3rd April	Year 4 visit to Fishbourne Roman Villa
Thursday 3rd April	Year 1 Class Liturgy 2.45pm
Friday 4th April	Last day of Spring term

Parents Evening Bookings

Bookings for parents evening will go live on the app on Monday 10th February at 5pm.

To make a booking, go to the Parents Evening tab on the app and follow the instructions.

Bookings will close on Monday 10th March



Uniform

Children should not be wearing PE shorts with tights underneath. In some PE lessons children are required to take off their shoes and socks, if they are wearing shorts and tights this is not practical. If your child needs an extra layer please send them in navy jogging bottoms instead.

Also It is noted some of the Year 6 children are wearing navy hoodies with their regular uniform. PE hoodies should only be worn on PE days, which for Year 6 is Monday and Wednesday.

Ex-Student Competes at Invictus Games

An ex-student from English Martyrs school will be competing at The Invictus games this weekend in British Columbia. Kayleigh Pierce is competing in the alpine sitski, indoor rowing and wheelchair basketball race.

Kayleigh is really looking forward to the competition and hoping to bring her medals to show the children when she is back! Good Luck Kayleigh!



New Lighting

The lighting throughout the school is currently being updated. This £18,000 project is being paid for by a DFE Energy Grant plus the mandatory 10% Governor donation. So far Year 2 and Early Years have had their lights upgraded to LED which are brighter, more energy efficient, and will reduce the electricity and maintenance bills for the school in the future.

These projects can only go ahead through donations to the Governors' account. We ask all families to consider if they are able to make a £5 a month donation to the Governors which will enable these types of projects to be undertaken.

Future projects include the upgrade of the toilets, replacement of the boilers with a more energy-efficient system, replacement of the aging Hut for another Eco Classroom as used by Year 6. The Governors have also recently improved the IT within the school and more is needed here as the desktops become obsolete as well as the Key Stage 1 interactive whiteboards. If you would like the Governors' bank details to set up a standing order, or if you would like information about Gift Aiding your donation, please speak to the school office.



AFTER SCHOOL TUTORION

Empower your child's learning in Maths, English, and Science with our small group tutoring sessions, open to Year 5 and 6 pupils that attend other schools.

- ✔ SMALL GROUP AFTER SCHOOL TUTORING FROM 4PM TO 5PM
- ✔ SESSIONS ARE SUBJECT SPECIFIC IN MATHS, ENGLISH, AND SCIENCE
- ✔ FULLY QUALIFIED & EXPERIENCED TEACHERS
- ✔ MAXIMUM OF 15 CHILDREN PER CLASS
- ✔ HEALTHY SNACK INCLUDED
- ✔ HELP YOUR CHILD EXCEL

LOVE TO LEARN AT
Lancing Prep Worthing
 A Lancing College Preparatory School

Broadwater Road,
 Worthing, BN14 8HU

Phone Number:
 01903 201123

Website:
lancingprepworthing.co.uk

TUTORING RATES
 £16.50 PER HOUR

REGISTER HERE



SATURDAY MORNING PICTURES

£3.50 PER TICKET



Spirited Away ⚠️
 Sat 15 Feb, 10:15am

[Book Tickets](#)



Mufasa ⚠️
 Sat 22 Feb, 10:15am

[Book Tickets](#)

WTM Worthing Theatres and Museum



WHAT'S ON THIS HALF TERM

At Worthing Theatres and Museum



Horrible Histories: Terrible Tudors

Sat 21 to Sun 23 Feb
 Tickets £21.50

[Book Tickets](#)

Horrible Histories: Awful Egyptians

Sat 22 to Sun 23 Feb
 Tickets £21.50

[Book Tickets](#)

Coming Soon



Farm Boy
 Fri 18 Apr
 Tickets from £15

[Book Tickets](#)



Princess Smartpants
 Sat 19 Apr
 Tickets £14.50

[Book Tickets](#)



Rude Science Live!
 Sun 25 May
 Tickets £18

[Book Tickets](#)



WARM SPACES @ WTM

We are offering free warm spaces, hot drinks and activities this March at Worthing Museum (Saturdays 2-5pm) and Fraser's Bar in the Connaught (Mondays 4-7pm).



Worthing Museum and Art Gallery

Open Wednesday to Sunday
FREE ENTRY

Parenting Smart Topics

<https://parentingsmart.place2be.org.uk/>

How to help your child if they are self-harming 8 min read Read now	Helping your child prepare for Secondary or High School 2 min video 10 min read Read now	Connecting with my teenager 2 min video 7 min read Read now
De-escalation techniques with children 2 min video 10 min read Read now	My child is struggling with peer pressure 2 min video 6 min read Read now	My child has friendship issues 2 min video 5 min read Read now
Understanding sibling rivalry 2 min video 6 min read Read now	My child might have bullied someone 2 min video 8 min read Read now	My child is being bullied. What can I do? 2 min video 6 min read Read now
Using family rules 2 min video 6 min read Read now	Help your child manage separations and goodbyes 2 min video 4 min read Read now	My child struggles with changes and endings 7 min read Read now
Problem solving with children 2 min video 5 min read Read now	My child doesn't want to go to school 7 min read Read now	Building listening skills for parents 2 min video 6 min read Read now
Raising a resilient child 2 min video 6 min read Read now	Reading with your child 5 min read Read now	I'm going through a break up and want to support my child 7 min read Read now

Healthy habits for parenting 2 min video 6 min read Read now	How can I support my child after a traumatic event? 5 min read Read now	The importance of limits and consequences for children 2 min video 5 min read Read now
How to ignore irritating behaviours effectively 2 min video 5 min read Read now	My child keeps getting angry and lashing out 6 min read Read now	My child is anxious 2 min video 8 min read Read now
Helping your child develop a positive body image 7 min read Read now	Playing with my child 2 min video 6 min read Read now	Supporting healthy gaming habits for children 2 min video 10 min read Read now
Helping your child develop talents 2 min video 6 min read Read now	Supporting children with their homework 2 min video 7 min read Read now	Co-parenting after a separation or divorce 2 min video 6 min read Read now
My child thinks they need to be perfect 2 min video 8 min read Read now	Understanding shyness in children 2 min video 8 min read Read now	My child says "I hate you!" 2 min video 5 min read Read now
My child has trouble going to sleep 2 min video 8 min read Read now	How do I get my child to listen? 2 min video 4 min read Read now	Talking to my child about race and discrimination 2 min video 5 min read Read now

Helping your child understand cultural identity 2 min video 4 min read Read now	Helping children develop positive gender identity 8 min read Read now	My child has meltdowns 2 min video 8 min read Read now
Using praise and reward with children 2 min video 6 min read Read now	My child and I keep getting into arguments 2 min video 6 min read Read now	My child just says no to everything 2 min video 6 min read Read now
My child still wets themselves 8 min read Read now	Helping your child when they start or change primary school 2 min video 6 min read Read now	Family mealtimes are turning into a battleground 2 min video 8 min read Read now
Safe social media for primary aged children 2 min video 10 min read Read now	My child pushes my buttons 2 min video 6 min read Read now	My child is stealing 9 min read Read now
My child is lying, what does it mean, what should I do? 2 min video 4 min read Read now	Understanding sexual development to support your child 12 min read Read now	Building secure relationships with children 6 min read Read now
Creating routines and rituals to help your child 2 min video 6 min read Read now	Supporting your child when someone dies 2 min video 6 min read Read now	My child is feeling sad or low 2 min video 7 min read Read now

17th-21st February 8am-6pm

The
Childcare
Club

Holiday Club

*Outdoor
Activities*

ACTIVITIES

- Arts and Crafts
- Fun and games
- Role Play
- Cooking
- Nature Adventure
- Competitions

Fun
Activity
Program
For all ages

Elm Grove
Primary
School,
Goring

REGISTER
ONLINE



Thcccworthing@gmail.com

www.thechildcareclubworthing.co.uk