



Reflection



This Sunday, we hear how crowds of people welcomed Jesus into Jerusalem shortly before he was crucified.

All of the people were so happy to see Jesus that they laid their cloaks on the floor and cut branches from palm trees to lay before him to show their respect. This is why today is called Palm Sunday and why we wave palms. They shouted to show their joy and praise for God.

Think again about what it would be like if Jesus arrived here today. What would you do to welcome Jesus if he arrived

here today?

God made all of us, no matter where in the world that we come from. Jesus is in all of us. So every time we meet someone and we welcome them, we are welcoming Jesus.

Jesus is in all people, so we should treat all people with the respect, love and kindness that we would show to Jesus. We should try to welcome all people into our lives and treat them as we would like to be treated.

This week let's try to welcome all people as we would welcome Jesus.

Prayer: God of joy, we welcome you into our lives as the people of Jerusalem welcomed Jesus, with respect, love and happiness. Help us to remember that you are in all people and to try to make them feel welcome. Amen.

Holy Week

As we enter Holy Week, a range of prayer can be found on the Cafod website [Holy week prayers \(cafod.org.uk\)](http://cafod.org.uk) and Mass times can be found here:

MAUNDY THURS 6th Thursday of the Lords Supper 7.00pm Holy Name 7.00pm St Mary's Watching with the Lord until 10.00pm in both Churches

GOOD FRI 7th Friday of the Passion of the Lord 3.00pm Holy Name Celebration of the Passion of the Lord 3.00pm St Mary's Celebration of the Passion of the Lord

SAT 8th Holy Saturday 10.00am Holy Name Office & Morning Prayer Easter Vigil of the Resurrection of the Lord 8.30pm Holy Name People of the Parish

MASSES EASTER WEEKEND Masses will be for the celebrant's intentions. 8.15am (SM): 9.00am (HN): 9.45 (A): 11.00am (SM): 11.15am (HN):

End of term Mass

Thank you to Year 5 and Father Michael for leading us in a lovely Mass today as we prepare to enter Holy Week. The children read beautifully and Father Michael helped us to think about our relationship with Jesus.





Lent Appeal

A huge thank you for all your support for our alms giving over the Lent period.

We raised a huge £337.79 for Mary's Meals with Reception class being the winners raising £61.50. Prize to follow after the easter holidays. We have raised enough money to feed 17 children for a whole year.

We collected 3 boxes full of Easter Eggs that were very gratefully received by the SVP food bank.

The Good Shepherd Appeal raised a huge £765 plus the money from our easter egg raffle which will be added in.

PE days

Next half term, some children will have different PE days. Please see below. Swimming will start for Year 3 in the third week of term.

Year group	PE day
Reception	Tuesday and Thursday
Year 1	Thursday and Friday
Year 2	Tuesday and Thursday
Year 3	Tuesday and Friday
Year 4	Monday and Friday
Year 5	Wednesday
Year 6	Wednesday

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory, creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and created new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-17-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE
The internet is rife with sophisticated algorithms that learn from our online behaviour in order to predict our wants and needs. That's a very useful tool in some respects, but it can track the online interests of children and young people for advertisers. Advertisers can be brought to them at any time – it may just be a recommendation that children may not have the ability of the support to be able to.

PUSHY NOTIFICATIONS
Content is also directed at us through notifications from our smartphones or tablet that tell us to look at something. While that's useful in some circumstances, it can also be a distraction from our child's attention. As such, alerts become more common as you're experiencing an outbreak of the ping!

BLURRED BOUNDARIES
There are now so many ways we can communicate online and in real time (via instant messaging apps) or even in real time (via social media) that it's possible to be connected to someone 24/7. Using people and places that are always available can blur the boundaries between online and offline communications through the lack of geographical and time-based expressions of time or voice.

DIGITAL DEPENDENCY
As devices allow access to immediate information, it's a concern that children may not be developing the time and skills to think through the implications of what they see. This is especially true for people who are both in digital and real life – what being an online person and a real person can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS
Children often haven't yet developed the emotional resilience to deal with many of the subtleties of everyday life, so identifying when they're worried that they can be tricky. A certain level of stress is a normal response to a problem, it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can lead to anxiety or depression.

ANTI-SOCIAL SOCIALS
Social media can bring people together in healthy positive ways. Sadly, it often has the same negative effects. Bullying and cyberbullying are still a problem, and it's often harder to spot. Group shaming and exclusion can still be a problem, and there are continued opportunities for young people to connect with other social media users.

Advice for Parents & Carers

LEARN THE BASICS
It's important to keep up this every day. It's important to know what's going on in the world around you. It's important to know what's going on in the world around you. It's important to know what's going on in the world around you.

PUSH DISTRACTIONS AWAY
Notifications to our phones and tablets can be helpful, but they can also be a distraction. Checking our phone as soon as it goes off is an easy habit to fall into, especially if we're using people. Try switching off non-essential alerts on your devices and encourage your child to do the same. You should both feel less triggered and more in control.

KEEP CHECKING IN
Healthy emotional regulation involves three systems in the brain: the amygdala, the prefrontal cortex, and the hippocampus. It's important to help your child maintain these systems in a healthy way. Check in with your child about their phone use (and how they feel) when they're on their device, and remember that 'distraction' and 'distraction' aren't always the same thing.

TALK IT OUT
If a child mentions a comment that's been directed at them or a post on social media that they found funny but they're not sure if it's a compliment or a put-down, it's important to talk it out. It's important to talk it out. It's important to talk it out.

LOOK FOR THE SIGNS
This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, they may be looking for them. If they're suddenly becoming more withdrawn, it could be a sign that something is going on. It's important to talk it out. You should both feel less triggered and more in control.

BE KIND-UNWIND
Be kind to yourself as you and your carer. Remember that you're not the same person, being to really give our children through this complex, technology-filled environment. Check in with your child about their phone use (and how they feel) when they're on their device, and remember that 'distraction' and 'distraction' aren't always the same thing.

Meet Our Expert
Dr. Sarah-Jane Smith is an expert in child and adolescent mental health. She has worked in the NHS for over 10 years and has a wealth of experience in supporting children and young people with mental health issues. She is also a qualified counsellor and has a passion for helping children and young people to feel better about themselves and their lives.

National Online Safety
#WakeUpWednesday

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Online Safety

This week's Wake Up Wednesday is all about supporting children with managing device stress and anxiety and can be found online [here](#).

Wellbeing

Parents are reminded about the parent and carer sessions that can be accessed with Horsforth Children Services if you have any concerns or worries about your child. Information can be found on our school website.

Alice in Wonderland Reminder

We have currently received 60% of payments for the production of Alice in Wonderland. Please make payment by 18th April as we know the children loved the production of The Railway Children last year.



Coronation Celebration Day

We are making King Charles III Coronation at school with a 'coronation picnic' on Friday the 5th of May. As a school we will gather together to celebrate this historical event. We will come to school dressed in red, white and blue (no sports shirts please) then have games and house events in the afternoon to mark the changing of the country's monarch.

Jam packed term

It's been another very busy term over spring term with many opportunities for curriculum enrichment. We look forward to the summer term and thank you for all your support. We also thank all the teachers, TAs and office staff for all they do to support the children on top of delivering the curriculum. We wish everyone a very happy Easter and a restful break with friends and family.

	Educational Visits	Catholic Life	Events	In school visitors	Parental Involvement	Clubs
Spring term	Year 5 residential Library Visits Year 6 Holocaust Centre Trip Florence Nightingale Lotherton Hall Y2 Year 3 and 4 able writers Year 5 and 6 able maths day Swimming Year 4 Year 1 Abbey House Museum	Weekly priest visits Whole school Mass led by Year 6 Year 3 and Reception class Mass* Year 3 Class Saint – Feast Day of St John Bosco Ash Wednesday whole school Mass led by Mini Vinnies Family Mass – 1 st Sunday of Lent Family Fast Day – KS2 soup and a roll Year 5 class Saint – Feast day of St Joseph Mother's Day assembly Year 3 and Year 4 Easter production Reconciliation Year 3 Whole school Mass led by Year 5 Mini Vinnies SVP Easter Egg Appeal Cafod National Assembly Mary's Meals Easter raffle	Safer internet day World Book Day KS2 assembly for World Book Day Reception and KS1 assembly for World Book Day 2023 Good Shepherd Fundraiser Football matches Netball matches Cross Country PTA school disco Leeds School Council event	Northern Arts workshops Open the Book Bikeability Therapy dog Refugees assembly Music for schools	Years 1-6 maths parent meeting Year 5 residential meeting Reception stay and play Reception – Year 6 Easter Workshops Parents Evening Year 5 class assembly Year 2 class assembly Reception and Year 6 assembly Year 3 class assembly Year 1 class assembly	Art Band Lego Singing Gymnastics Football Martial arts Brain training Netball Football Mindful colouring Booster Year 6 Choir Mini Vinnies Sign Language

NEWSLETTER – 31 March 2023

Parents Evening

Thank you to all the parents for attending the Parents Evenings this week and sharing your positive feedback about parents evening and the Catholic life of the school.

Question	Yes	No
Following your parent's evening appointment, do you have information about how your child is socially and emotionally in class?	98%	2%
Following your parent's evening appointment, do you know how well your child is doing in relation to the age related expectations for their year group?	100%	
Following your parent's evening appointment, were you given guidance and support on how to help your child to improve?	100%	
Do you find the parent information evenings such as maths parent meetings useful to help you support your child?	99%	1%
Did you attend the maths parent meeting for your child's year group	60%	40%
Do you feel the children in school live our mission statement, "Happy together in God's family, we love, grow and learn."	99%	1%
How do you feel we live the mission statement, "Happy together in God's family we love, grow and learn", at St Mary's?	74% RE lessons 66% Charity work 70% Collective worship 52% personal development curriculum 44% Enrichment activities 53% Virtues education 51% Behaviour policy 66% Masses 41% Shared collective worships 55% Relationship education 48% Curriculum 41% Class trips	
Do you know the names of our Parish Priests?	80%	20%
Do you ever attend family Masses, class Masses or whole school Masses?	84%	16%

Headteacher Awards

Reception – Harry P & Sienna B

Year 1 – Ella L & Austin S

Year 2 – Alice M & Iris H

Year 3 – Alfie T & Jimena G

Year 4 – Alex T & Genevieve D'A

Year 5 – Jennifer Q & Skyla S

Year 6 – Eve R & Orlaith G

Virtue Awards – Reflection

Reception – Jacob M

Year 1 – Fionn S

Year 2 – Grace H

Year 3 – Rory B

Year 4 – Lois Q

Year 5 – Robin B

Year 6 – Florence R

NEWSLETTER – 31 March 2023

Diary Dates

Please note changes or additions in red. *denotes parents welcome

April

Monday	17		School opens
Friday	21	9.30am	Whole School Mass led by Year 3*
Monday	24		Alice in Wonderland for Y1 – Y6
Monday	24		Reception class trip
Tuesday	25		Year 3 class trip
Wednesday	26		NSPCC workshop Y5 and Y6
Sunday	23		Year 4 Class Saint Day – St George
Friday	28	11.00am	Year 2 and Year 5 Class Mass*

May

Tuesday	2		Swimming for Y3 starts
Friday	5		Coronation picnic
Monday	8		Additional Bank Holiday
W/b	8		Key Stage 2 SATs
Tuesday	16	1.15pm	Open the book
Thursday	18	9.30am	Whole School Mass led by Year 5*
Friday	19	9.15am	Year 1 class assembly*
Friday	19		Bring a flower for Mary
Sunday	21	11.00am	Family Mass*
Sunday	21		PTA Family Fun Day
Monday	22	2.00pm	Reception Stay and Play*
Thursday	25		Pentecost Picnic
Thursday	25	9.15am	Reception class assembly*
Thursday	25		School closes
Friday	26		Training Day

Parish News

MAUNDY THURSDAY - Thursday 6th April

Volunteers are needed for the Mass of the Lord's Supper, 7.00pm at St. Mary's and at Holy Name. Twelve parishioners from each church community are asked to represent the Apostles by symbolically having one foot 'washed'. If you feel you could help by doing this, please contact Amanda in the Parish Office.

Watching with Our Lord (Maundy Thursday)

will take place until 10.00pm at St. Mary's & at Holy Name, providing several people can guarantee to watch for allotted times. Please sign the sheet at the back of church to pledge some of your time. Parishioners at Holy Name are asked to bring in plants to decorate our altar of repose. Please bring them to the presbytery by lunchtime on the Wednesday of Holy Week and collect them on Good Friday.

GOOD FRIDAY CHILDREN'S LITURGY HN Gospel Class

There will be an extended Gospel Class at Holy Name on Good Friday. The children will be taken from church at the beginning of the Service at 3pm. SM Good Friday Workshop – Parents are asked to sign their children in at the school hall before attending the service. Pre-school children to be accompanied by an adult please. Any offers of help for the SM workshop will be gratefully received, please let Amanda or Liz Wood know if you can help in anyway asap. Both groups will return to church for the Veneration of the cross. All welcome.



SUNDAY MASSES (Saturday Vigil)

Holy Name	6.30pm
St. Mary's	8.15am
Holy Name	9.00am
Assumption	9.45am
St Mary's	11.00am
Holy Name	11.15am