



ENGLISH MARTYRS

CATHOLIC VOLUNTARY ACADEMY



Newsletter

13th September 2024

COMING UP

Mon 16th Sep	Y6 Forest School Y3 Swimming	Drama 3.30-4.30pm Y1-2 Multiskills 3.30-4.30pm
Tues 17th Sep	Singing Lessons AM	Flute lessons PM
Wed 18th Sep	Piano Lessons PM Drum Lessons PM	Y1-2 Creative Club 3.30-4.30pm Y1-3 Gymnastics 3.30-4.15pm Y4-6 Gymnastics 4.15-5.00pm
Thurs 19th Sep	Guitar lessons AM Drum Lessons PM	Y3-6 Basketball 3.30-4.30pm
Fri 20th Sep	Piano Lessons AM	Celebration Assembly 2.45pm

NOTICES

- **Morning drop off -**
Please can children in Y1 and above walk round to their classrooms by themselves in the morning unless other arrangements have been made with their class teacher. This helps to build their independence.
- **No scooting/cycling** through the carpark please.



**ENGLISH
MARTYRS**

Catholic
Voluntary
Academy

**OPEN
MORNINGS**

Wednesday 2nd
& Saturday 5th
October
9.30-11.30am



Please share the dates for our open mornings. You can book a place by emailing the office on office@englishmartyrs.rutland.sch.uk or calling 01572 722 400



CELEBRATION ASSEMBLY



Congratulations to all the children who have received awards this week



BIRTHDAYS



Y1 - Oliver

Y3 - Alice-Rose

Y4 - Amelia, Noa

VIRTUE OF THE WEEK

Confidence

Mass at St Joseph's

We had our first Mass of 2024-2025 at St Joseph's Church this week. A special well done to our new head boy and head girl who read the school prayer beautifully.

PRAYER OF THE WEEK

A prayer for Encounter

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and
until we meet again,
May God hold you in the palm of His hand.



FEM NEWS

Cake raffle - Caden won this week!

Second hand uniform - FEM are collecting any good quality second hand uniform. Please bring to the school office. Thank you.

CREATIVE CLUB

The children had fun in the first Creative Club making caterpillars!



St Joseph's Church

Keep up to date with the Parish news [here](#).

Y6 FOREST SCHOOL

Year 6 had a great first session of Forest School, we had a free play session and enjoyed the swing, hammock and mud kitchen.



EYFS

The children in EYFS have had their first full week in school this week and have had lots of fun!



The children have also talked about respecting our equipment at lunchtime, how to work as a team to tidy up and to share so everyone can have fun playing at lunch. They made some lovely posters to put round school to remind the older children too!



FIRST HOLY COMMUNION

Application forms are now available for St Joseph's First Holy Communion programme for 24/25. If your child is in year 3 or aged 7 and above and has

not yet made their First Holy Communion, please get an application form from the back of the church. The closing date for applications is **Sunday 27th October.**

AFTER SCHOOL CLUB

Our Wraparound Club have had a busy start to term! Some of the exciting activities they have enjoyed are making wood cookies using a bow saw, puzzles, playdoh and games.



Y5 DT

The children in Y5 have been developing new measuring and cutting skills making sandals for DT



SCHOOL PARLIAMENT

School Parliament held their first meeting of the year. They are leading on supporting our school's Nurture UK accreditation, which we are working on this year. They thought about the six principles of nurture, and what that means for us at school. Later this term, they will be launching this project, with an assembly for children and an assembly for parents. Watch this space!



All Change!

Did you know?

Change can be seen as a process someone goes through, not an event that happens*. Times of change, like going back to school, can bring stress in their wake: a change of routine, of pace, of activities, of people you spend your time with... can all take their toll. Importantly, some people may be excited by change, so we shouldn't assume they are nervous as they may come to believe they should be! For some, change can even come with a sense of relief as the structure of school/work is reassuring and makes them feel safe. However, there will be those for whom change comes with fear about the unknowns of the phase ahead and whether they can do all of the things expected of them.

So for those who do struggle with change, what can they try?

1 Accept the feelings

Your feelings are valid as they are preparing your body and mind for what is ahead. The emotions you feel do not need to be avoided or removed, simply acknowledged. Saying to yourself - 'It's OK to feel nervous, it's helping me cope' can release a lot of pressure.

2 Reduce load

We are designed to cope with some change but too much change can be overwhelming. Think about what you can delay changing during busy times. For example, starting a new hobby could wait until next month.

3 Understand the process

Essentially, when things change we are grieving the loss of what was. Elisabeth Kübler-Ross* was a Swiss-born psychiatrist renowned for her pioneering work on loss. The Kübler-Ross Change Curve can be very helpful and includes the stages of shock, denial, frustration, depression, experiment, decision, integration. There are no time frames for these phases and so understanding that someone will move through some or all in their own time and in their own order is the most compassionate thing we can do. Use phrases such as: "I know you'll work this out and I'm here if you want to talk". Or, coaching questions: "What's one thing you could do to make this change easier?" or "What about this situation can you control?".

References

*<https://www.ekrfoundation.org/elisabeth-kubler-ross/>

For more information on the Change Curve see: <https://www.cleverism.com/understanding-kubler-ross-change-curve/>

