



# ENGLISH MARTYRS

## CATHOLIC VOLUNTARY ACADEMY



# Newsletter

29th November 2024

## COMING UP

<b>Sun 1st Dec</b>	Advent Mass @ St Joseph's 10.30am	
<b>Mon 2nd Dec</b>	Y4 Forest School Y3 Swimming	Drama 3.30-4.30pm Y1-2 Multiskills 3.30-4.30pm
<b>Tues 3rd Dec</b>	Singing Lessons AM	Flute lessons PM
<b>Wed 4th Dec</b>	Piano Lessons PM Drum Lessons PM Service Children Club 3.30-4.30pm	Gym Club Session 1 3.30-4.15pm Gym Club Session 2 4.15-5.00pm Coding Club Y1-3 3.30-4.30pm
<b>Thurs 5th Dec</b>	Guitar lessons AM	Drum Lessons PM Art Club Y3-6 3.30-4.30pm
<b>Fri 6th Dec</b>	Menphys Rehearsal Piano Lessons PM LAMDA PM	No Celebration Assembly FEM Cake Sale/Santa Visit Y6 Carols for VAR Menphys Concert

## NOTICES

- **Booking Meals on Arbor**  
Just a reminder to please book your child's meals on Arbor, even if they usually have a packed lunch. If you are having any difficulties, please pop in to the office.
- **Vacancy**  
We currently have a vacancy for a Play Ranger/Midday Supervisor. Please click [here](#) for more information.



Dear families,

We have some beautiful class wreaths which are going to be blessed at the church. A special thank you to Mrs Rozenboom for her help in making these and to Mrs Topping for organising this.

I am very much looking forward to the Menphys Carol Concert next week at De Montfort Hall. The singing sounds beautiful and I know the children are very excited.

Have a wonderful weekend,  
Mrs Brown



## BIRTHDAYS

**HAPPY  
BIRTHDAY**

Y1 - Molly, Arthur  
Y3 - Evelyn, Y4 - Hux  
Y6 - Malakai

## VIRTUE OF THE WEEK

Hope

## ADVENT WREATHS

The children have been busy preparing for Advent by making their wreaths. On Sunday at 10:30am, these will be blessed at Mass. We hope to see you and your families at St Joseph's church for this special celebration!



## CHRISTMAS DATES

A reminder of the key dates leading up to Christmas!

- **6th December**

Menphys Concert, FEM cake sale, No Celebration Assembly, Y6 VAR Carols

- **10th December**

KS1 Nativity 2.30pm

- **11th December**

KS1 Nativity 6pm

- **12th December**

Christmas Jumper Day, Guitar Assembly

- **16th December**

EYFS Christmas Extravaganza PM

- **18th December**

Liturgy for Mrs Keany 9.30am, KS2 Carol Concert 2pm

- **20th December**

Mass in School 10am

## BEBRAS CHALLENGE

A number of Y6 children took part in the UK Bebras Challenge in early November. It is an online challenge which measures problem solving ability in both maths and computing. Many of the challenges were really tricky - however we had some great results including two distinction awards and two merits. Distinctions are awarded to the top 10% of participants. Well done to everyone who took part!

## WRAPAROUND

Last week the children enjoyed delicious cheese and ham pinwheels in After School Club and made some lovely snowflakes! Thank you to everyone for booking their sessions on Arbor. If you need to cancel a session, please email the office.



## PRAYER

### Prayer for Advent

God of hope,  
we cling to you,  
for you renew the face of the earth.  
Through the gift of your Son,  
our Lord Jesus,  
we follow you on the path of dawn.  
Enlightened by your love and wisdom,  
help us to lead each other  
and all creatures  
back to your open arms.  
Amen.

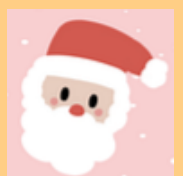


### St Joseph's Church

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

## FEM NEWS

Make sure you check Class Dojo school story for details on FEM's Christmas plans! The amazing Christmas Hampers are back - please hand in donations in the office. There is also a Bake Off with Santa on the 6th December at 3.00-4.30pm.





# CAN YOU GET ANY CLOSER?

The closer you park, the more you risk.

**No parking near school gates. No excuses.**



## Swing into the festive season with golf and a winter adventure by the water

Challenge yourselves to a game of festive-themed mini golf, filled with magical surprises at every turn. Continue the excitement along our wildlife trail and discover seasonal sights with festive surprises for the little elves.

Dates: Sat 7th December - Sun 29th December  
 Times: 10:00 am - 3:00 pm daily  
 Prices: £7 per child, £6 per adult (golf only), family of four £23  
 Location: Rutland Water Visitor Centre, Sykes Lane, Empingham, LE15 8QL

Just turn up, pay, and play—no need to book.



### SCHOOL PHOTOGRAPHY – CHRISTMAS ORDER DEADLINES

Following Pret-a-Portrait's visit this term, they have announced their Christmas Order Deadlines! Please click the link below to view the deadlines for each product.

<https://info.pret-a-portrait.net/christmas-delivery/#UK>

If you have not yet placed your order and would like to, please head to their website [www.pret-a-portrait.net](http://www.pret-a-portrait.net) and enter your sitting ID.

If you've misplaced your sitting ID, please contact Pret-a-Portrait directly on 0800 021 7626 or [customerservice@pret-a-portrait.net](mailto:customerservice@pret-a-portrait.net)

## Step into Storytime with Santa

Santa is taking a break from the North Pole to visit Rutland Water. Gather the little ones and join Santa's mischievous elves for some hands-on holiday fun. Then, stroll down Reindeer Lane to Normanton Church where Santa awaits with his favourite Christmas storybook.

Dates: 19th and 21st December  
 Price: £12.95 per child  
 Location: Rutland Water, Normanton Rd, Oakham LE15 8HD

Scan the QR code below to book



<https://www.dragonflyimpact.com/how-we-can-help> Receive Thrive every Friday in term time

Thrive 365  
 Dragonfly: Impact Education



## Snooze Smart

### Did you know?

A study from Baylor University\* found that even getting just 46 more minutes of sleep each night can boost well-being. The research showed that extra sleep helped people feel more resilient, grateful, and positive about life. It also made them more likely to do kind things, like donating to charity. On the other hand, getting less sleep led to the opposite effect—lower mood and less gratitude. The study highlights how improving sleep can have a big impact on both personal well-being and how we interact with others.

So how can children and young people develop good sleep habits?

### 1 Sleep-Friendly Spaces

Make the bedroom a calming, sleep-friendly environment by using soft lighting, cozy blankets, and reducing clutter. A peaceful, quiet room encourages better sleep and signals to the body that it's time to rest.

### 2 Sleep Journal

Encourage children and young people to keep a simple sleep journal, where they can note how they felt throughout the day, what helped them feel calm before bed, and how well they slept. This can help them identify habits that work best for their sleep.

### 3 Sleep-only bed

Teach children and young people to associate their bed with sleep and relaxation only, not activities like playing, studying, or watching TV. This builds a stronger mental connection between their bed and rest, helping them wind down more easily when it's time to sleep.

#### Reference



Do, A. H., Schnitker, S. A., & Scullin, M. K. (2024). Gratitude, flourishing and prosocial behaviors following experimental sleep restriction and sleep extension. *The Journal of Positive Psychology*, 1-12. <https://doi.org/10.1080/17439760.2024.2394452>

## Cinema for Rutland

Rutland County Museum

Thursday 5 December 2024



Doors and bar open at 7 for 7.30 pm

Tickets £7.50 from Oakham Wines,

[www.wegotickets.com](http://www.wegotickets.com)

and on the door if available.

