



# ENGLISH MARTYRS

## CATHOLIC VOLUNTARY ACADEMY



# Newsletter

7th February 2025

## COMING UP

<b>Mon 10th Feb</b>	EYFS & Y6 Weight & Height Y2 Forest School	Y1-3 Football Club 3.30-4.30pm Drama 3.30-4.30pm
<b>Tues 11th Feb</b>	Flute lessons PM	Y4-6 Football Club 3.30-4.30pm
<b>Wed 12th Feb</b>	Open Classroom EYFS-Y5 9.15-10.15 Drum lessons PM	Open Classroom Y6 1.30-3.00pm Piano lessons PM
<b>Thurs 13th Feb</b>	Y4-6 Netball Club 8.00-8.45am Y1 Swimming Guitar lessons AM	LAMDA Lessons PM Drum Lessons PM Y1-3 Art Club 3.30-4.30 FEM Uniform Sale 3.30pm
<b>Fri 14th Feb</b>	Spotlight 9.30-10.30 Piano lessons AM	Celebration Assembly 2.45pm School Closes at 3.30pm

## NOTICES

### • Vacancies

We currently have a vacancy for a Midday Supervisor. Please click on the link for more information.

<https://www.englishmartyrs.rutland.sch.uk/vacancies/>

### • OPAL

We are still looking for  
Crates (plastic bottle type)  
Wooden planks  
Plastic guttering

### • School uniform

A reminder that one of our school rules is 'wear your uniform with pride'. Please see the uniform policy [here](#).



Dear families,

I hope that the children have enjoyed all of the activities this week for Children's Mental Health Week. All of the activities have been super, and Toast Tuesday was a particular favourite! I especially enjoyed Workout Wednesday and it put everyone in such a good frame of mind. Thank you for joining us for this kickstart to the children's day, highlighting the importance of physical activity to support mental health and wellbeing.

Well done to our gymnastics team on their achievements this week! It has also been humbling to hear about several children who have gone the extra mile by showing kindness to others this week- Eevee donated her hair to the Princess Trust and Ruby donated some books to her class.

Have a wonderful weekend as we look forward to the final week of half term next week.

Mrs Brown

## BIRTHDAYS

# HAPPY BIRTHDAY

Y1 – Lyra  
Y4 – Simba

## VIRTUE OF THE WEEK

# Love

If your child has shown the weekly virtue out of school, please post a picture on their portfolio on Class Dojo so the teacher can see!

## GYMNASTICS

Well done to all of the gymnasts who took part in the RISE gymnastics competition on Wednesday. All of the individuals were superb and competed with skill and determination. It was really pleasing that the highest ranked gymnast in all 4 classes came from English Martyrs. The team results were great:

Level 1 Silver and Bronze medallists

Level 2 Silver medallists

Level 3 Gold medallists

Level 4 Gold medallists

Outstanding results overall. Grateful thanks to Miss Crowther for her work in developing and supporting the gymnasts and to Mrs Stanley, Mrs Brown and Mrs Docherty for all of their help with the teams on the day and to all of the parents who transported and supported.



## CHILDREN'S MENTAL HEALTH WEEK

We've had a great week celebrating Children's Mental Health Week! We had Mindfulness Monday, Toast Tuesday, Work Out Wednesday, Thinking Thursday and Fun Friday! A big thank you to Tesco Oakham for donating the bread, butter and popcorn for the activities this week and to all the staff that helped! Please see the flyers at the end of the newsletter for useful information about children's mental health.



**St Joseph's Church**

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

## BASKETBALL

Well done to the Basketball Team who played in the county finals on Thursday - it was a changed team from the qualifying one, due to illness. The children played brilliantly, winning 4 out of their 6 games, drawing one and losing one along the way. Overall, we were 5th out of 15 - a great achievement!



## FEM NEWS

Weather permitting, FEM will be doing a second hand uniform sale after school on **Thursday 13th February.**



## PRAYER

### Perseverance Prayer

Loving Father,  
sometimes life has lots of challenges:  
learning new things can be hard,  
friendships can be difficult,  
we make mistakes, we get things wrong.  
When challenges happen,  
give me the courage I need to keep trying.  
Help me to persevere when I am tempted to give up,  
and grant me strength inside  
to try again and always do what is right.  
Lord, help me to persevere,  
trusting that you will strengthen me always.  
We make this prayer through Christ, our Lord.  
**Amen.**

## YEAR 4 ROMANS TRIP

Year 4 had a great trip to the Rutland County Museum this week to learn about the impact the Romans had on Rutland. They really enjoyed handling and examining the local artefacts!



## WORLD BOOK DAY - 6TH MARCH

This year, we will be focusing on the rich and exciting vocabulary found within the books that we read. Therefore, we would like the children to dress up a word of their choice e.g. vibrant, athletic, heroic, artistic, fragile, mythical, fatigued etc.. The list is endless! You really don't have to go out and buy anything extra. If your child already had a World Book Day costume in mind, then they could still dress as a character and choose a word associated with their chosen character. For example, Harry Potter could be associated with the words courageous and heroic. If children prefer not to dress up then they are welcome to come to school in their uniform as normal. At 3.00pm parents will be welcome to come into school to share a story with their child/children in their class/classes. We hope that it will be a fantastic day!



**Call to action:** Perseverance is all about doing things that may not come easily right away. When we are struggling to persevere, music can encourage us to keep trying. In a small group, create a song about perseverance. Include some of the lines from this Perseverance Prayer and work on a catchy chorus.

Place2Be's

# CHILDREN'S MENTAL HEALTH WEEK

Health for Kids!

3-9 FEB 2025



Scan me

bit.ly/CMHW2025-H4K

Take a look at our hub for advice, guidance and signposting you can view as a family to support your child's mental health and wellbeing during Children's Mental Health Week and beyond



## FEBRUARY HOLIDAY CLUB

Age 5-12



Rutland Outdoor Education Centre

£45 per day

### Activities:

- Meet the animals
- Campfire Cooking
- Bushcraft
- Den Building
- Pond Dipping
- Games

### Date:

FEBRUARY 17-21 2025  
9am - 3.30pm  
Early Drop Off + Late  
Pick Up Available

### Book now at:

<https://bookwhen.com/roec>  
E Mail: [office@roec.co.uk](mailto:office@roec.co.uk)



Ofsted Registered  
Childcare Vouchers Accepted  
HAF Places

### Address:

Wing Hall Farm, Grammas Lane, Wing,  
Oakham, Rutland, LE15 8RT

Health for Kids!

NHS  
Leicestershire Partnership  
NHS Trust

Call or text your child's school nurse for free and confidential advice and support



### Call the Healthy Together Helpline

The helpline is open to parents or carers of any child, aged up to 11 years old, who goes to primary school in Leicester, Leicestershire or Rutland.

Call 0300 300 3001 to speak directly to a health professional.  
Open 9am-4.30pm on Monday- Friday, excluding bank holidays.

### Text ChatHealth

Text the ChatHealth service on 07520 615381 if you live in Leicester or 07520 615382 if you live in Leicestershire and Rutland.

## Children's Mental Health Week

3 - 9 February

NHS

Safe

Free

24/7

Are you struggling with your mental health?  
My Self-Referral is a safe, confidential option for children & young people in LLR.

Visit the My Self-Referral website now at...

[MySelfReferral-LLR.nhs.uk](https://MySelfReferral-LLR.nhs.uk)

