



ENGLISH MARTYRS

CATHOLIC VOLUNTARY ACADEMY



Newsletter

14th February 2025

COMING UP

Mon 24th Feb	Y2 Forest School Y5 Swimming	Y1-3 Football Club 3.30-4.30pm Drama 3.30-4.30pm
Tues 25th Feb	Y1/2 Trip - Burghley House Flute lessons PM	Y4-6 Football Club 3.30-4.30pm
Wed 26th Feb	Young Voices Drum lessons PM	Piano lessons PM
Thurs 27th Feb	Coffee and Conversation 9.15am Y1 Swimming Guitar lessons AM	Spotlight 1.30-2.30pm LAMDA Lessons PM Drum Lessons PM
Fri 28th Feb	Piano lessons AM	Celebration Assembly 2.45pm

NOTICES

- **Attendance Policy**

Please click [here](#) for a reminder of our school Attendance Policy.

- **Staff Car Park**

A polite reminder please that parents/carers should not be using the staff car park for dropping off and picking children up, including for wraparound care.

- **Debt Balances on Arbor**

Please can balances on Arbor be checked over half term and brought up to date. Thank you.



Dear families,

I have heard some wonderful feedback from the open morning this week- staff have shared the positive experience of welcoming you to the classrooms and sharing in your children's learning. The children loved having you with them and it was a joy to see them showcasing their work to you.

A huge well done to the Year 2 children for their fundraising efforts for the Air Ambulance - they have done a tremendous job and should be rightfully proud of their work.

Thank you to staff for their hard work this half term- our wellbeing team put on a delicious staff breakfast which was very much enjoyed. Thank you to all of our families for your continued support and I wish you wonderful half term break.

Best wishes,

Mrs Brown and all at English Martyrs



CELEBRATION ASSEMBLY



Congratulations to all the children who have received awards this week



BIRTHDAYS

HAPPY BIRTHDAY

EYFS - Jackson
Y4 - Imogen
Y5 - Octavia

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!

FEM NEWS

£5 PER CHILD

SCHOOL DISCO

THURS 6 MARCH
EYFS-Yr 2 4.30-5.30pm
Yr 3-6 5.45-7pm

WITH DISCO STEVE

EMAIL: FEMOakhm@gmail.com to book

If your child normally attends After School Club and you are booking them onto the Disco, please also email wraparoundcare@englishmartyrs.rutland.sch.uk to confirm your club requirements that day.

AIR AMBULANCE FUNDRAISING

A huge well done to our Year 2 class who have raised an staggering **£1053.49** for the Air Ambulance! They completed their sponsored walk with 1036 laps of the playground, smashing their target of 999! They also held a cake and loom band sale on Thursday as well as organising the Wear it Yellow day today. Thank you to everyone who supported their fundraising!



£1053.49



St Joseph's Church

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

SAFER INTERNET DAY

On Tuesday, we celebrated Safer Internet Day. The Digital Leaders led a whole school assembly which focused on the importance of managing screen time. After the assembly, some classes had a screen free day! Here are some top tips for managing screen time.



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

- GET OUT AND ABOUT**
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.
- BE MINDFUL OF TIME**
Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.
- TRY A TIMED TRIAL**
When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?
- 'PARK' PHONES OVERNIGHT**
Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.
- GO DIGITAL DETOX**
Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.
- SWITCH ON DND**
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.
- LEAD BY EXAMPLE**
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.
- TAKE A FAMILY TECH BREAK**
Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.
- AGREE TECH-FREE ZONES**
Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.
- SOCIALISE WITHOUT SCREENS**
When you're with friends, try not to automatically involve phones. TVs or other tech, having company can be loads more fun if your attention isn't being split.
- HOLD A SCREEN TIME AMNESTY**
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.
- WIND DOWN PROPERLY**
Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert
Mental Health Design and Deliver the UK's only specialist programme, mental health qualifications. They also provide training and support to children, organisations and social networks – empowering school leaders and staff with the knowledge and tools to design their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

DEVICE BOX
The National College
NOS National Online Safety
#WakeUpWednesday

PRAYER

"Put your trust in God, the Beatitudes are a way of life" Pope Francis

THE BEATITUDES



Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be shown mercy.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Matthew 5:1-10

WELLBEING CORNER

The BBC Parents' Toolkit is a great resource with lots of information on a range of topics. Please let us know if there is a particular aspect of your child's learning or development which you would like more information on.

<https://www.bbc.co.uk/bitesize/parents>

TAG RUGBY

A Year 5 and 6 team took part in a tag rugby tournament at Oakham School on Friday, it was a great chance to show



the skills that we have been learning. We lost our first game against Whissendine, before drawing against Uppingham CE. We then beat Catmose Primary 4-2 before drawing with Ketton 3-3.

It was a great afternoon of sport – the children were a delight to accompany and they played with skill and determination throughout. Grateful thanks to Mr Harden for inviting us to take part and to the Rutland Learning Trust for including us in their event.

Multi activity holiday club for
Primary School children,
including Reception



February Half Term

Mon 17th, Wed 19th, Thu 20th, Fri 21st

£25 per day - 9am to 3pm

Whissendine Holiday Club at Whissendine Sports
Club, Whissendine, Rutland, LE15 7EU

www.whissendineholidayclub.co.uk



Indoor and outdoor activities

- Sports
- Pool
- Table Tennis
- Arts and Crafts
- Dodgeball
- Scavenger hunts
- Kite flying
- Drama
- Den building



Ofsted registered, staff DBS and Safeguarding trained, fully insured

Tax-free childcare payments / vouchers and HAF accepted



FOOTBALL Fun Days



FEBRUARY HALF TERM

BOURNE - GRANTHAM - OUNDLE - STAMFORD

9AM-3PM

BOOK NOW

£20

FEBRUARY HOLIDAY CAMPS

OUR VALENTINE'S THEMED FEBRUARY CAMPS ARE PERFECT FOR ALL CHILDREN WHO LIKE TO BE ACTIVE AND ON THE MOVE. OUR CAMPS INCORPORATE A HUGE RANGE OF SPORT ACTIVITIES AS WELL AS TEAM-WORK CHALLENGES TO KEEP YOUR CHILD ACTIVE AND SMILING THROUGHOUT THE HALF-TERM!



SCAN HERE FOR
MORE INFORMATION

or visit premier-education.com/holiday-camps



FEBRUARY HOLIDAY CLUB

Age 5-12



Rutland
Outdoor
Education
Centre

£45 per day

Date:

FEBRUARY 17-21 2025

9am - 3.30pm

Early Drop Off + Late

Pick Up Available

Activities:

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

Book now at:

<https://bookwhen.com/roec>

E Mail: office@roec.co.uk

Ofsted Registered
Childcare Vouchers Accepted
HAF Places

Address:

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



MPW Active

Holiday Camps for children aged 5-12 yrs

Ketton Sports and Community Centre PE9 3SZ



Half term Camp

17th - 21st February 2025

www.mpwactive.co.uk



Early drop off
Late pick up
Van
Drinking
Support

9am-4pm

£45 per day

Life skills / Multi Sports / Orienteering / Team Building / Tag and Team games



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