



ENGLISH MARTYRS

CATHOLIC VOLUNTARY ACADEMY



Newsletter

28th February 2025

COMING UP

Mon 3rd Mar	Y2 Forest School Y5 Swimming	Y1-3 Football Club 3.30-4.30pm Drama 3.30-4.30pm
Tues 4th Mar	Flute lessons PM	Y4-6 Football Club 3.30-4.30pm
Wed 5th Mar	Ash Wednesday Mass 10am - St Joseph's (Y3-6) Drum lessons PM	Piano lessons PM Spotlight Club 3.30-4.30pm
Thurs 6th Mar	World Book Day Netball Club 8.00-8.45am Y1 Swimming Guitar lessons AM Y5/6 Dodgeball - Selected children	Spotlight 1.30-2.30pm LAMDA Lessons PM Drum Lessons PM Y3-4 Dodgeball Club 3.30-4.30pm School Disco EYFS-Y2 4.30-5.30pm School Disco Y3-6 5.45-7pm
Fri 7th Mar	Piano lessons AM Y5/6 Girls Football Festival PM	Celebration Assembly 2.45pm

NOTICES

• Office Hours

The new working days for Mrs Valiente & Mrs Needham are as follows:

Mrs Valiente - Tues/Thurs/Fri
8.30am-4.30pm

Mrs Needham - Mon/Wed
8.30-4.00pm and

Tues/Thurs/Fri 8.30am-12pm.

For any urgent queries, please email

enquiries@englishmartyrs.rutland.sch.uk rather than their individual emails or Dojo.

Thank you.



Dear families,

I hope that you enjoyed a relaxing half term break- it is lovely to feel a bit of spring in the air as we begin this term.

The children have had a great week back and it has been great to see the OPAL project in full swing when I have been on duty this week. The children are increasing in their independence and include one another in their games. I was particularly impressed with how some groups of children organised themselves into teams and led games of dodgeball and basketball. The addition of some litter pickers have been a big hit too, with children eager to help to keep the playground tidy. We are working to further develop this provision as the project progresses.

Have a wonderful weekend,
Mrs Brown



CELEBRATION ASSEMBLY



Congratulations to all the children who have received awards this week



BIRTHDAYS

**HAPPY
BIRTHDAY**

EYFS - Alice

Y4 - Reegan

VIRTUE OF THE WEEK

Patience

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: FEMOakham@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.



St Joseph's Church

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

YOUNG VOICES

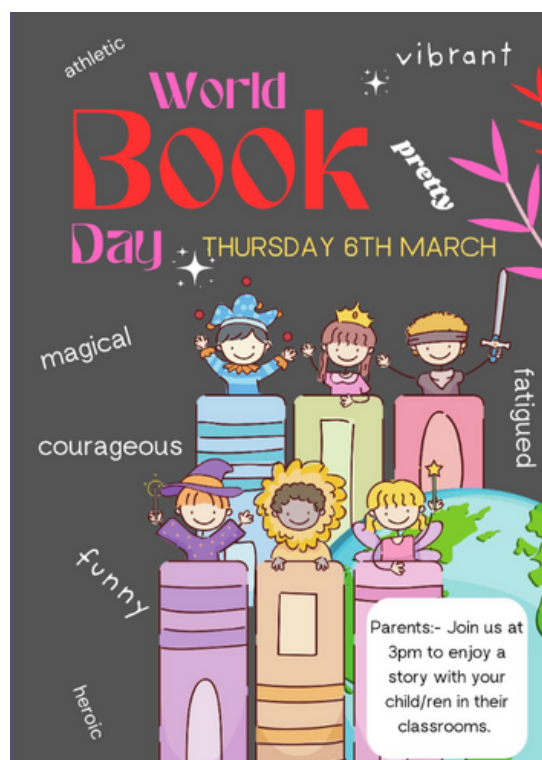
Some of our children attended Young Voices in Birmingham on Wednesday. They had a fantastic time and sang their hearts out! A huge thank you to Miss Turner, Mrs Scott, Mrs Needham and Mrs Thomas for accompanying the children on this amazing opportunity.



MATHS CHALLENGE

Well done to Zech who recently took part in the recent Mathematical Association Bonus Round Maths Challenge – he scored an impressive 23 marks which has given him a silver award. His outcome ranks Zech in the top 27% of students who took part in the challenge – a really great achievement.

WORLD BOOK DAY



PRAYER



Almighty and Eternal God,
you are the everlasting health of
those who believe in you. Hear our
prayers for your sick servant Francis
for whom we implore the aid of your
tender mercy, through Christ our
Lord. Amen.
Our Lady of Lourdes, Health of the
Sick, pray for him.

Y1/2 BURGHLEY HOUSE TRIP

Year 1 and 2 had a fantastic trip to Burghley House this week. They met King Henry VIII, played some Tudor games, they learnt the Pavan dance and experienced a Tudor banquet! The children behaved beautifully throughout the day.



HARINGTON YOUNG ENTERPRISE PROJECT

We welcomed students from Harington this week to speak to the children about their Wildflower Wishes product for the Young Enterprise Project. Thank you to all the families who supported them by buying the flower growing kit!



SCHOLASTIC

if you would like to order any
Scholastic books and help raise money
for school to spend on books, please
order them [here](#) by the 7th March.



'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME



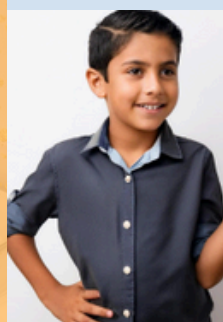
'How much is too much screen time for children?'

'Studies have shown a clear link between **excessive screen time** and issues such as **delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.**'

HEALTH PROFESSIONALS FOR SAFER SCREENS



Accepted by NHS England Mental Health Leads



'Walk, run, ride a bike, anything that gets kids up and about and off their screens'

'Try and ensure screen-free time together'

Ditch screens at mealtimes!
'Studies show that eating in front of screens leads to higher obesity risk as children consume more unhealthy food!'

6 to 10 years

Studies show there is a clear link between **excessive screen use** and **difficulties with concentration, sleep and mental health**. There may also be distinct physical changes in the developing brain.'



No screens

M	T	W	T	F	S	S

not more than 1-2hrs/day up to 2hrs/day



Keep active



Screen-free time together

Reports suggest adults touch their phones over 2000 times a day.



*Sleep Hygiene. No screens 1 hour before bedtime

RECOMMENDATIONS:

1 WAKING UP WITHOUT screens
It is recommended that social media/screens are not used for the first hour of the day.

2 1-2 HRS PER DAY is the suggested screen time in the week and not more than **2 hours on weekends**.

3 STAY ACTIVE Encourage physical activity for **1-2 hours a day**.

Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

4 SCREEN-FREE time together
Children will often mimic behaviours of the adults around them. Consider your own social media usage/ phone checking behaviour.

5 It is recommended that screens should not be used **1 HOUR** before bedtime. Phones, tablets and computers should not be in a bedroom overnight.



'Bedtime stories are the best and healthiest way to settle your child'

Birth to 5 years

'Studies have shown that too much screen time can cause babies and toddlers to **learn fewer words** and have **slower language development**. Excessive use of screens is also being strongly linked to **behavioural difficulties** in very young children.'



0-24 months



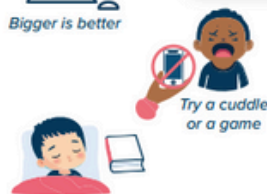
2 - 5 year olds



Bigger is better



Watching lots of short videos is being linked to concentration difficulties in children.



Try a cuddle or a game



Phones, tablets and computers should not be in any child's bedroom overnight.

RECOMMENDATIONS:

1 NO screen time between birth - **24 months** except for video chatting with family and friends.

2 30 MINS screen time. Children aged **2 - 5 years old** should not be on screens for more than **30 min per day**.

3 BIGGER screens. If your child is ready to **play a short game** then try to use a larger screen like a **tablet or computer screen**. These cause less visual strain than a phone.

4 AVOID using a device to **settle your child** down. Evidence shows this makes their anger and frustration worse in later life. **Instead try a book, a game outdoors, or just a cuddle.**

5 *SLEEP HYGIENE. Under **5's** should **not use a screen** for at least **2 HOURS before BEDTIME**, to aid their natural sleep pattern.

* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.



'Buy an alarm clock so that screens are not in the bedroom'

'Encourage connection with friends in person, wherever possible'

11 to 17 years

'Studies show there is a clear link between **excessive social media** and screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct physical changes in the developing brain.'



No screens

M	T	W	T	F	S	S

Up to 2hrs/day Up to 2-3 hrs/day



Stay active. More green time, less screen time



Screen-free time together



No screens at least 1 hour before bedtime



Be careful of violent or frightening content especially before bed.

RECOMMENDATIONS:

1 WAKING UP WITHOUT screens
It is recommended that social media/screens are **not used** for the first hour of the day.

2 SCREEN TIME As a general rule, it is suggested that screen time should not exceed **1-2 hours per day** in the week and not more than **3 hours on weekends**.

Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

3 STAY ACTIVE Encourage physical activity for at least **an hour per day**.

4 SCREEN-FREE time together
Children will often mimic behaviours of the adults around them. Consider your own social media usage.

5 Phones, tablets and computers should not be in a bedroom overnight.

HEALTH PROFESSIONALS FOR SAFER SCREENS

* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.