

Sacred Heart RC Primary School

The *sacred Heart* Standard

WESTHOUGHTON

www.sacred-heart.bolton.sch.uk

office@sacred-heart.bolton.sch.uk

01942 634681

Executive Headteacher: Mr M Johnson | Deputy Headteacher: Mrs S Bridge

Friday 17th November 2023

Dear parents and families,

HELPING OTHERS

The *sacred Heart* Standard

This week, in our Like Jesus assembly, we gathered to consider the story Jesus told about ten women who are waiting at a wedding for the bridegroom to arrive. It is dark and so they all have lamps with them to light the way... Our big question was: **How can you show you are ready to help others?**

Jesus said: "At that time the Kingdom of heaven will be like this. Once there were ten young women who took their oil lamps and went out to meet the bridegroom. Five of them were foolish, and the other five were wise.

The foolish ones took their lamps but did not take any extra oil with them, while the wise ones took containers full of oil for their lamps. The bridegroom was late in coming, so the women began to nod and fall asleep.

"It was already midnight when the cry rang out, 'Here is the bridegroom! Come and meet him!' The ten women woke up and trimmed their lamps. Then the foolish ones said to the wise ones, 'Let us have some of your oil, because our lamps are going out.' 'No, indeed,' the wise ones answered, 'there is not enough for you and for us. Go to the shop and buy some for yourselves.' So the foolish women went off to buy some oil; and while they were gone, the bridegroom arrived. The five who were ready went in with him to the wedding feast, and the door was closed. 'Later the other women arrived. 'Sir, sir! Let us in!' they cried out. 'Certainly not! I don't know you,' the bridegroom answered."

And Jesus concluded, "Be on your guard, then, because you do not know the day or the hour." (Matthew 25:1-13)

CAFOD Catholic Agency for Overseas Development

How can you show you are ready to help others?

We gather

Ask Father Christopher...



CAFOD Catholic Agency for Overseas Development



Christ Jesus, we pray that we may always be ready to help others, to be kind and loving and to follow you. Amen.

AMEN

We considered: **What did five of them have that the other five didn't?** Five of them were sensible and took extra oil with them, so that if the bridegroom was late they would still be able to light his way. They were prepared.

The bridegroom was very late. It was after midnight before the women were asked to go out and meet him and five of them no longer had enough oil for their lamps. They were not prepared and ended up being left outside the wedding. **How do you think**

they felt about being left outside? Sometimes things happen that we don't expect and we realise that we are not ready for them. **Can you think of a time when this has happened to you? What happened? How did you feel? Can you think of a time when you were ready for something? When you were well prepared? What happened? How did you feel?** Jesus also asks us to be ready and prepared to be kind and loving to others whenever we have the chance. **Are you ready to try and help people when they need some support? How do you think you can show you are ready to help others?**

You can watch at home: <https://www.themark10mission.co.uk/> Episode 10: The Ten Bridesmaids.

The *sacred Heart* Standard

LOVE ONE ANOTHER





LET US PRAY: We pray for all people around the world who face natural disasters: that they may be able to prepare as best they can to protect themselves. We pray for the work of CAFOD: that it may continue to help people be prepared and to change their lives for the better. We pray for our school, family and friends: that we may be ready to follow Jesus and treat others as we would wish to be treated.

God of all, help us to be ready to share what we have, to treat others as we would wish to be treated and to try to make the world a fairer place. Amen.

BOLTON WEST AND ATHERTON CHRISTMAS CARD COMPETITION
PLEASE USE THE SPACE BELOW TO DESIGN YOUR CARD.

Full Name: _____
Age: _____
School: _____

Please return to Chris Green MP, 10 Market Street, Westhoughton, BL5 2AH by Friday 22 December

MP CHRISTMAS CARD COMPETITION ENTRIES: Please return Chris Green MP's Christmas Card competition entries, on the attached form, to the **SCHOOL OFFICE** no later than Monday 27th November, enabling us to deliver them in time.

CATHOLIC SOCIAL TEACHING: This week's theme is **promoting peace**.

We aim that our children are guided to **LEARN** | **LOVE** | **LEAD** in their school experience and beyond.

Jesus lives in our school: in our minds and words and actions...

Loving God,
We believe you want to bring your peace to our homes, our communities and our world.
Help us to be peacemakers,
listening to and loving each other.

Lord in your mercy
Hear our prayer



Being peacemakers
Promoting Peace

MASSSES: Every Friday, a year group will be attending the **CELEBRATION** of Mass at 10am, in church. Whole school Masses, in the school hall, with readings led by our children, will take place each half term. Families are welcome to join us. A list of which classes are attending Mass on which dates is found at <https://www.sacred-heart.bolton.sch.uk/celebrate/> or by following the Celebrate link, within newsletters, in our Virtual Office on the school website.

- Friday 17th November 2023, 10am – Reception & Y4 Mass, church
- Friday 24th November 2023, 10am – Y3 Mass, church
- Friday 1st December 2023, 10am – Y2 Mass, church
- **Friday 8th December 2023, 10am – Whole school Mass, Solemnity of the Immaculate Conception, 10am, school hall**
- Friday 15th December 2023, 10am – Y1 Mass, church



REMEMBRANCE SUNDAY: Thank you to one of our Apostles – head pupils that form one of our pupil leadership teams – who laid a wreath, on behalf of the school, at last Sunday's remembrance service at the Westhoughton cenotaph.

"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them..."

HIGHLIGHTS FROM THE LAST WEEK: Keep an eye on our social media at <https://www.facebook.com/TheJourneyMatters/> to keep up with images from our learning journey...



LEARN | LOVE | LEAD
LOVE ONE ANOTHER

AWARDS: Congratulations to this week's assembly award winners:
#LikeJesus



THIS WEEK'S WHOLE SCHOOL ATTENDANCE:

Class	Percentage %
Whole School from September 2023	95.42
Attendance WE 10/11/23	
Whole School	95.93
RB	98.33
RR	92
1K	99.33
1P	93.79
2D	98
2W	95.33
3F	97.42
3W	96.13
4C	91.33
4CD	96.33
5A	93.75
5B	95.33
6B	97.89
6E	96.19
6T	100



The latest National attendance statistics can be found at:

<https://explore-education-statistics.service.gov.uk/find-statistics/pupil-attendance-in-schools>



THE WEDNESDAY WORD: You can enjoy the Wednesday Word as a family by [following the link to this week's half-term edition.](#)



NOVEMBER 'prayers for home' is also available on the [newsletter page of our website](#), or by visiting: <https://www.tentenresources.co.uk/the-hub/parent-newsletter/>

CHURCH BULLETIN: Our parish bulletin for last weekend can be downloaded from our website at <https://www.sacred-heart.bolton.sch.uk/parish-bulletin-social-media/>
A school parish bulletin covering the **Marian Term**, also uploaded to this page,

has been shared with parishioners.

NOVEMBER E-SAFETY UPDATE: can be downloaded at [newsletter page of our website](#)



MY FAMILY COACH: Does family life feel chaotic? Are you struggling with your child's behaviour at difficult times, like bedtime or before school? Or perhaps you feel that routines have taken over your life and your child can't cope with changes? Click the link below, to find information on how to attend the free online parenting workshop, provided by My Family Coach. The session is on Thursday 23rd November.
<https://www.myfamilycoach.com/parent-class-mental-wellbeing-communication-conversations-creating-routines-that-work-for-your-child/>



UNITE | ACHIEVE | CELEBRATE

KEY DATES as part of our **UNITE** | **ACHIEVE** | **CELEBRATE** strategy:

Our **UNITE** meeting recordings can be accessed on our school website at <https://bit.ly/48O3Ofx>
Thank you to all who attended our parents' evening this week for their child's latest Achievement, Wellbeing & Development Review. If you were unable to attend, please ensure that contact is made with your child's class teacher as soon as possible. <https://www.sacred-heart.bolton.sch.uk/unite/>

ACHIEVE drop in days where you can share concerns or gain clarity on matters relating to your child's welfare and progress with our SEND, Safeguarding and Pastoral leads. Anyone is welcome – appointments for **ACHIEVE** can be made via the main office or by emailing achieve@sacred-heart.bolton.sch.uk Of course, the first point of contact for day-to-day matters is always your child's teacher, and Mr Dootson, our senior pastoral lead, is always available to speak to parents.

November: Wednesday 29th November, 8:30am-4pm

December: Wednesday 20th December, 8:30am-4pm

<https://www.sacred-heart.bolton.sch.uk/achieve/>

CELEBRATE learning and progress in a range of ways:

<https://www.sacred-heart.bolton.sch.uk/celebrate/>

Class led assembly	Musical achievement recitals	Other key dates to celebrate
6ET Assembly, Friday 17 th November	Wednesday 20 th December	Christmas Fair , Friday 8 th December 2023, 3:35pm
5B Assembly, Friday 19 th January 2023	Wednesday 14 th February	
2D Assembly, Friday 2 nd February 2024	Wednesday 27 th March	KS1 Christmas Service , Monday 11 th December 2023, 2:00pm & 6:30pm
2W Assembly, Friday 16 th February 2024	Wednesday 3 rd July	
3F Assembly, Friday 8 th March 2024	<i>All starting at 2:00pm</i>	LKS2 Christmas Service , Tuesday 12 th December 2023, 2:00pm & 6:30pm
3W Assembly, Friday 22 nd March 2024		UKS2 Christmas Service , Wednesday 13 th December 2023, 2:00pm & 6:30pm
4C Assembly, Friday 26 th April 2024		
4CD Assembly, Friday 10 th May 2024		Reception Christmas Service , Thursday 14 th December 2023, 2:30pm & 5:30pm
1K Assembly, Friday 24 th May 2024		

OTHER NEWS: Newsletters issued over the last week:

[Y5 Bolton Museum Trip Letter](#)



FRIENDSHIP WEEK: Thank you to all who supported the start of Friendship Week with odd socks! Anti-Bullying Week 2023 has the theme 'Make A Noise About Bullying'. Odd Socks Day celebrates what makes us all unique.



<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying>



DIWALI: This week we celebrated the Hindu festival of light, Diwali. A very happy Diwali to our Hindu pupils, families, and staff. On this auspicious festival, may you find your path to success, just like the way Lord Rama found his way back home. Happy Diwali!



What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of techtabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety®
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.11.2023



UNITE | ACHIEVE | CELEBRATE

Jesus lives in our school: in our minds and words and actions...



CHRISTMAS FAIR & NON UNIFORM DAYS FOR DONATIONS:

Friday 1st December – in exchange for chocolate items

Monday 4th December – in exchange for bottle items

Wednesday 6th December – in exchange for baked items

Please display the final poster to let everyone know about our fair! We look forward to seeing you all there – and of course, to welcoming Father Christmas!

Our annual **REVERSE ADVENT CALENDAR** operates again this year, including the annual St Nicholas giving of a gift to those who might otherwise have none. See below for full details.



ADVENT

SUPPORTING CARITAS CORNERSTONE

Be inventive in hospitality. ROMANS 12:13

JOIN US AS WE CELEBRATE **Jesus** THIS CHRISTMAS

27 NOV TOILETRIES SHOWER GEL 28 NOV TOOTHBRUSH TOOTHPASTE 29 NOV TINNED FISH 30 NOV TINNED POTATOES TINNED VEGETABLES 01 DEC TEA COFFEE HOT CHOCOLATE 04 DEC GRAVY GRANULES 05 DEC TINNED MEATS TINNED SOUPS 06 DEC MINCE PIES 07 DEC JELLIES ANGEL DELIGHT 08 DEC TINNED DESSERTS	11 DEC ST NICHOLAS DAY GIFTS 12 DEC BISCUITS 13 DEC CHOCOLATES & SWEETS 14 DEC CHRISTMAS PUDDING 15 DEC NAPPIES & BABY SUPPLIES
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THESE ARE ONLY SUGGESTIONS

ANYTHING THAT WILL MAKE CHRISTMAS JOYOUS FOR OUR VULNERABLE BROTHERS AND SISTERS IS GRATEFULLY RECEIVED.

St Nicholas Day Gifts:
 Reception – For anyone
 Y1 and Y2 – For children
 Y3 and Y4 – For ladies
 Y5 and Y6 – For gentlemen



 What's on the menu  Find out more about Food for Life at https://www.foodforlife.org.uk/		
Week One	Week Two	Week Three
Large slice margherita pizza (v) Vegetable ravioli with crusty bread (v) Filled jacket potato with salad Seasonal vegetables and salad Fresh fruit platter	Sweetcorn and pepper pizza (v) Quorn sausages with gravy (v) Filled jacket potato Oven baked jacket wedges Baked beans and salad Fresh fruit platter	Cheese whirl (v), baked potato and baked beans Tomato pasta (v) and salad Filled jacket potato and salad Fresh fruit platter
Baked pork sausages with gravy Quorn sausages with gravy (v) Cheese omelette roll (v) Oven baked potato rosti Seasonal vegetables and salad Oat cookie and orange segment	Meat pie Vegimince pie (v) Meatballs in a rich tomato sauce served with pasta (v) Crushed baby potatoes Seasonal vegetables and salad Peach sponge and custard	Pasta bolognaise and salad Vegetarian pasta bolognaise (v) and salad Sausage roll, chips and seasonal vegetables Shortbread with orange
Roast chicken in gravy Quorn fillet in gravy (v) Creamy one pot chickpea tomato pasta (v) Roast potatoes Seasonal vegetables and salad Iced sponge	Mild chicken curry, rice, naan bread Crustless quiche (v) with oven baked rosti, seasonal vegetables Filled jacket potato with salad Seasonal vegetables and salad Decorated jelly	Pork or vegetarian meatballs (v) in gravy, rice and seasonal vegetables Large slice margherita pizza (v) with coleslaw and salad Chocolate cookie
Traditional beef hot pot Open cheese and potato pie (v) Filled jacket potato and salad Seasonal vegetables Jammy dodger	Beef burger in gravy Oven baked chicken tomato pasta Vegetarian sausage roll & gravy (v) Crushed baby potatoes Seasonal vegetables and salad Blueberry muffin	Butter chicken, rice, naan bread Cheese omelette roll (v), oven baked potato rosti and seasonal vegetables Filled jacket potato with salad Chocolate sponge and chocolate sauce
MSC Golden fish fingers Baked fishless fingers (v) Vegetable samosa pie (v) Chipped potatoes or rice Baked beans and salad Chocolate mousse	MSC Battered fish fillet Chicken and sweetcorn wrap (v) Filled jacket potato with salad Chipped potatoes Baked beans and salad Ginger biscuit and orange segment	MSC Bubble crumb salmon or MSC Golden fish fingers Mac and cheese (v) Filled jacket potato with salad Oven baked potato wedges Seasonal vegetables and salad Honey, oats and fruit topped yoghurt
Available daily: fresh chopped salad, fresh fruit, yoghurt and drinks. Availability of products and serving days may vary slightly between schools - contact your school for more details.		
Week One 13/11/23, 04/12/23, 08/01/24, 29/01/24, 26/02/24, 18/03/24	Week Two 20/11/23, 11/12/23, 15/01/24, 05/02/24, 04/03/24, 25/03/24	Week Three 06/11/23, 27/11/23, 18/12/23, 22/01/24, 12/02/24, 11/03/24
School Meals Standard Menu November 2023 – April 2024		
(v) = Vegetarian  = Plant Based		
		

School meals in Bolton

MORE LOCAL THAN YOU THINK

Dear Parent/Guardian

Welcome to the new menu being served at your child's school. Choosing school meals for your child will teach them important social skills as well as providing all the nutrients young people need to help with their learning and development.

We only serve meals that children love to eat and we cater for medical & cultural diets, contact the school meals number for more information. Allergen information is also available on request on the website.

Eat a Rainbow

Our 'help yourself' salad trolleys are filled with brightly coloured veggies and are an excellent way of encouraging children to work towards their 5 a day.

Children can help themselves to the trolleys in addition to any hot vegetables they have had from the counter.

School meals provide value for money and reduce shopping trips

School Meals offer a freshly prepared 2 course meal and a drink for less than the average cost of a meal deal.

Making a packed lunch can result in additional trips to the supermarket, meaning extra spend each week.

Let us take care of lunchtimes.

We know where our food comes from

We aim to include as much fresh and local produce as possible in our recipes. We offer complete traceability on all our products from farm to fork.

Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org.

Many of our products are responsibly sourced too, we have accreditations to prove it. You can rely on us when it comes to quality. Supporting local businesses and reducing food miles and food waste are also top of our agenda.

Save over £300 per child per year with free school meals

School meals remain free for ALL children in reception, years 1 and 2 regardless of circumstances. However, please check/register to see if you are entitled to Free School Meals. You could help your child's school receive extra funding which could make a real difference to the quality of education and support offered. It is really easy to check just go to www.bolton.gov.uk. Don't forget to check/register to see if your older children can benefit from free school meals – just go to www.bolton.gov.uk

Bolton Council

We are here to help

If you need any information or have any questions
Visit: www.bolton.gov.uk/schoolmeals
Call: 01204 336950 Email: schoolmeals@bolton.gov.uk





THE BIG AMBITION: The Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Ambition, a national survey of children and young people across England. The Big Ambition aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England. The Big Ambition survey will be open until Friday 15th December.

If you and your child could take 10 minutes to complete the survey, at the link below (or by scanning the QR code), this would be much appreciated.

<http://www.childrenscommissioner.gov.uk/thebigambition>

https://www.youtube.com/watch?v=WKxrjYeSg_w



AND FINALLY: Our Christmas Tree arrives on Wednesday next week. If you are looking for an excuse to put up your decorations 'early', did you know that in many Orthodox and Eastern Catholic Churches, Advent lasts for 40 days and is known as the Nativity Fast and sometimes Winter Lent. For Orthodox churches, who celebrate Christmas on December 25th, their fast started on November 15th. Advent also starts on November 15th in Celtic Christianity. Advent marks the beginning of the church year. It is a time for reflection in darkness, for renewal of hope and for a movement towards a beginning. The season of Advent, as it first emerged in the Catholic Church in the fourth and fifth centuries, lasted, like Lent, for 40 days. Later tradition developed the Advent we know today, of four Sundays before Christmas Day. Advent begins on Sunday 3rd December.



Thank you for your continued support and trust as we walk together.

M Johnson

Mr M Johnson

Executive Headteacher

B Furey

Mrs B Furey

Director of Teach Heart Alliance

*Everyone is our neighbour, regardless of the colour of their skin, their social standing, where they come from.
We are called to encounter every poor person and every form of poverty, abandoning our indifference and the banal excuses we
make to protect our illusory well-being.
Pope Francis, Twitter @ Pontifex, 16th November 2023.*



CHRISTMAS CARD COMPETITION ENTRIES: Please return Chris Green MP's Christmas Card competition entries to the **SCHOOL OFFICE** no later than Monday 27th November, enabling us to deliver them in time.

BOLTON WEST AND ATHERTON CHRISTMAS CARD COMPETITION

PLEASE USE THE SPACE BELOW TO DESIGN YOUR CARD.

Full Name:

Age:

School: Sacred Heart RC Primary School, Westhoughton

Please return to Chris Green MP, 15 Market Street, Westhoughton, BL5 3AH
by Friday 1st December



The poster has a festive background with a red and green color scheme. On the left, there is a decorative border of a string of lights with various colored bulbs and small gift icons. On the right, there is a large, stylized holly leaf with three red berries.

CHRISTMAS FAIR:

SACRED HEART SCHOOL HALL

CENTRAL DRIVE | WESTHOUGHTON

FRIDAY 8TH DECEMBER 2023

3:30 PM

STALLS | FATHER CHRISTMAS | REFRESHMENTS