

SACRED HEART HEADLINES



Sacred Heart RC Primary School Westhoughton

www.sacred-heart.bolton.sch.uk | office@sacred-heart.bolton.sch.uk | 01942 634681

Executive Headteacher: Mr M Johnson | Head of School: Mrs B Furey | Deputy Headteacher: Miss F Duffy

2nd October 2026

Dear Parents and Carers,

SACRED HEART HEADLINES

A WEEK OF FAITH AND CARE: As October begins, our children are learning how small choices can make a difference. Monday's Celebration of the Word invited us to change for the better and let our actions match our words. Harvest, our Year 6 Macmillan coffee morning and our continued Fairtrade commitment have given us ways to put that message into practice.

Thank you for the many ways you support our school family. In this issue we celebrate the people who help our children flourish, begin the October Rosary Challenge and remind you about the important arrangements for next week's parent reviews and inclusion appointments.

Please read the reminders below, check your MCAS messages and keep the diary dates handy. Our shared commitments remain at the heart of school life: LOVE, LEARN, SERVE and SHINE.

LOVE | LEARN | SERVE | SHINE

Our Four Commitments guide the ordinary moments of school life: open hearts to welcome, open minds to listen, open hands to help and open lives to share Christ's light.



HEADLINE - NEW PUPIL PARLIAMENT

ANNOUNCED: We are delighted to introduce our new Pupil Parliament! This group of pupil representatives gives children a voice in shaping life at Sacred Heart. Members listen to their classmates, share ideas with school leaders and work together to make our school even better.

From suggesting improvements to helping with projects, their role is to turn ideas into positive action and ensure every child's voice is heard. They will develop their leadership skills, take responsibility and live out our commitments to Love, Learn, Serve and Shine.

Congratulations to our new members—we look forward to seeing the difference you will make to our community of love!

Our Prime Minister: "I am so proud to be Prime Minister of our Pupil Parliament, as it has always been my dream to take on this role. Our previous Prime Minister really inspired me and encouraged me to think about how I could help make Sacred Heart even better. I want to listen to everyone's ideas, make sure pupils feel heard and work with our Parliament to make a difference. I am excited to represent our school and help make it a happy, welcoming place where everyone can Love, Learn, Serve and Shine."



More than a school. A community of love.

Love | Learn | Serve | Shine



Our Deputy Prime Minister: “Over the past three years, I have learnt that I can accomplish more than I think, especially when I believe in myself and keep trying. That is what I would like to help others discover too. As Deputy Prime Minister, I want to encourage pupils to share their ideas, try new things and feel confident that they can make a difference. I look forward to supporting our Prime Minister and working with the whole Pupil Parliament to make Sacred Heart even better. I want everyone to know that their voice matters and that, together, we can achieve great things.”



Our Speaker of the House: “Over the past two years, I have learnt so many things that I didn’t know before. I am amazed by the hope and love in our school and how we encourage one another to grow. I am really inspired by the confidence and knowledge of the world shown by the Speaker of the House in Parliament. In my role, I want to help our discussions run fairly, make sure everyone has a chance to speak and encourage us to listen respectfully to one another. I am excited to help our Pupil Parliament turn ideas into action and make a difference at Sacred Heart.”

The Pupil Parliament leadership team will be speaking to pupils next week and inviting them to apply to join the Cabinet. Cabinet members will help lead projects, represent pupils’ views and turn ideas into action to make Sacred Heart even better.

If your child is interested, encourage them to think about what they would like to improve in our school, the ideas they could bring and how they could help others. They should listen out for the leadership team’s visit and find out how to apply. Enthusiasm, kindness and a willingness to listen are just as important as confidence—we want every pupil to feel they have something to offer!

CHANGE FOR THE BETTER: On Monday, we listened to Jesus’ parable of the two sons (*Matthew 21:28–32*). A father asks both sons to work in his vineyard. One first says no, then changes his mind and goes. The other says yes but does not go. Jesus invites us to think about what we do as well as what we say.

God gives us opportunities to begin again. Changing our minds when we recognise the right thing to do is a sign of growth. We can say sorry, put something right and follow through on a promise. In school and at home, a kind action can speak louder than a good intention.

At that time: Jesus said to the chief priests and the elders of the people, ‘What do you think? A man had two sons. And he went to the first and said, “Son, go and work in the vineyard today.” And he answered, “I will not”, but afterwards he changed his mind and went. And he went to the other son and said the same. And he answered, “I go, sir”, but did not go.

Which of the two did the will of his father?’ They said, ‘The first.’ Jesus said to them, ‘Truly, I say to you, the tax collectors and the prostitutes go into the kingdom of God before you. For John came to you in the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes believed him. And even when you saw it, you did not afterwards change your minds and believe him.’

Our children were invited to ask: What is Jesus asking of me? Do my actions match my words? What could I put right, and who could I help today? Our prayer response was: “Jesus, help us to change for the better.”

Our mission this week:

LOVE: Show care through what we do.

LEARN: Listen and be ready to change our minds.

SERVE: Act when we know what is right.

SHINE: Keep our promises and encourage others.

Ut Diligatis Invicem - that you love one another.

Let us pray...

Response: Jesus, help us to change for the better.

Reader 1: For the Church: may our words and actions show the love of Jesus. **R.**

Reader 2: For leaders: may they listen, change what is wrong and choose what is right. **R.**

Reader 3: For our school family: may we keep our promises and put our words into action. **R.**

Reader 4: For anyone who needs a new beginning: may they find courage, forgiveness and help. **R.**



ACHIEVE APPOINTMENTS: Thank you to those who took advantage of the first Achieve opportunity yesterday. Anyone wishing to meet with our SENDCOs, Miss Fairhurst & Mr Stubbs, or our Senior Pastoral Lead, Mrs Cox, can book a slot on our monthly achieve days. Bookings are made via the school office.

Autumn 2026: Thursday 12 November | Thursday 3 December

Spring 2027: Thursday 7 January | Thursday 4 February | Thursday 4 March

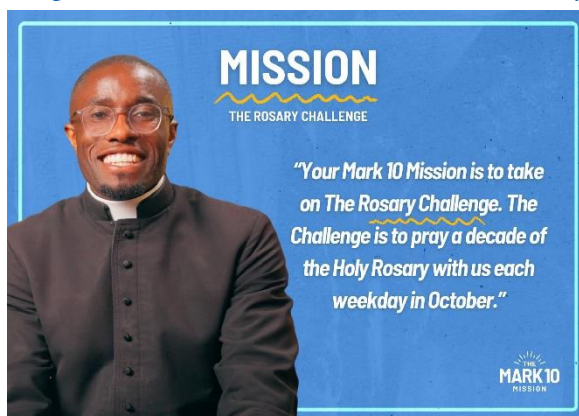
Summer 2027: Wednesday 14 April | Wednesday 19 May | Thursday 10 June | Tuesday 6 July



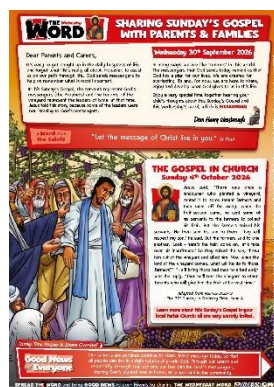
THE MARK 10 MISSION – EPISODE 4 - THE ROSARY CHALLENGE: October is the month of the Holy Rosary. In this week's episode, Greg and Fr Paschal Uche visited the Rosary Shrine in London. They reflect on the Annunciation, share tips for praying the Rosary and pray a decade together. Gabriel leads "As I Kneel Before You". Mary helps us draw closer to Jesus through prayer.

Families are invited to join the challenge. You could begin with one decade together and bring your own intentions to prayer. Pray The Rosary Challenge at:

<https://www.themark10mission.co.uk/rosary-challenge>



A SHORT FAMILY PRAYER: Jesus, help us to change for the better. Give us the courage to put right our mistakes, keep our promises and care for others through our actions. Mary, our mother, lead us closer to your Son. Amen.



THE WEDNESDAY WORD IS MESSENGER: This week's Wednesday Word is "Messenger". It prepares us for Sunday's Gospel and invites us to think about the messages we share through our lives. How can we bring God's love to someone this week through kindness, patience or a helpful action? The complete two-page family resource is included at the end of Headlines and is available at www.wednesdayword.org/

SACRAMENTAL PROGRAMME: The parish programme for First Reconciliation and First Eucharist is open to baptised Catholic children in Year 3 or above. Preparation is a family and parish commitment, including regular Sunday Mass.

Registration for the Sacramental Programme continues at the parish Masses on the weekends of 3–4 and 10–11 October. Registration closes on Sunday 11 October. Parish Masses are Saturday at 6pm and Sunday at 10am. Please speak to Fr Christopher if you have questions (01942 812174). The enrolment Mass is on Sunday 18 October.



PARENTS' EVENING: A letter about our Achievement, Wellbeing and Development Reviews has been sent to families. The autumn meetings are scheduled for Wednesday 7 October, with sessions from 3.50–4.50pm and 5.50–7.50pm. Please read the letter for booking instructions and discuss any particular concern with the class teacher. These meetings are a chance to share what is going well for your child and agree useful next steps together. The spring review date is Wednesday 10 February 2027.

Please read the Parents' Evening letter in your school communications and follow the booking arrangements. Bring any questions about your child's learning, friendships or next steps so that we can plan together.

[You can find a copy of the letter here.](#)

INDIVIDUAL PLANS: At the start of the year, class teams review each child's strengths, needs and next steps. Where your child has an individual plan, please look out for the IP meeting for your child, and the opportunity to share your views. Your knowledge of what works well at home matters. If a plan or support arrangement needs further discussion, contact the class teacher so the right colleagues can work with you. We will handle individual information directly with the families concerned. Mrs Furey will also be available to discuss inclusion matters on 8th October – bookings via the main school office.

MUSIC RECITALS: This year’s music recitals, are on the following dates, all at 2:00 pm in the halls:
Autumn 2026: Monday 19 October; Monday 30 November
Spring 2027: Monday 8 February; Monday 15 March
Summer 2027: Monday 24 May; Monday 19 July



RECEPTION SEP 2027 OPEN AFTERNOON: Families considering Sacred Heart for Reception in September 2027 are invited to tour school this afternoon, 1.15–2.15pm or 2.15–3.15pm. Please book through the school office on 01942 634681 or office@sacred-heart.bolton.sch.uk. Share the invitation with anyone who may be looking for a school place. People who were unable to attend should speak to or email Miss Swift, in our school office, who will arrange a suitable visit time.

UNITE: Our UNITE letters bring together key information, including class routines, curriculum learning, educational visits and ways families can support learning at home. Links to each letter are below:
[Reception](#) | [Year 1](#) | [Year 2](#) | [Class 3W](#) | [Class 3C](#) | [Class 4B](#) | [Class 4C](#) | [Year 5](#) | [Year 6](#)

WHERE TO FIND THE DETAIL: The letters and individual communications carry the specific actions and deadlines. Please check MCAS rather than relying on this summary for forms, payments or appointments.

ATTENDANCE & PUNCTUALITY: Arriving (and departing) on time gives children a settled start with their class. If your child is absent, please tell school promptly by telephone, email or MCAS and give the reason. Thank you for helping us support regular attendance and children’s wellbeing. Every school day matters. Please help your child arrive on time and ready to learn, and let the office know promptly if they are absent. As the weather becomes more autumnal, please send a suitable coat and make sure your child’s name is clearly written inside it.

Class:	Attendance Percentage:
RF	96.3
RW	91.2
1P	98.7
1S	94.8
2D	88
2H	96.7
3W	95.3
3C	95.9
4B	99.3
4C	100
5G	98
5D	90.3
6BT	96.3
6AT	96

**Congratulations to class 4C
for achieving 100% attendance
for the past week!**



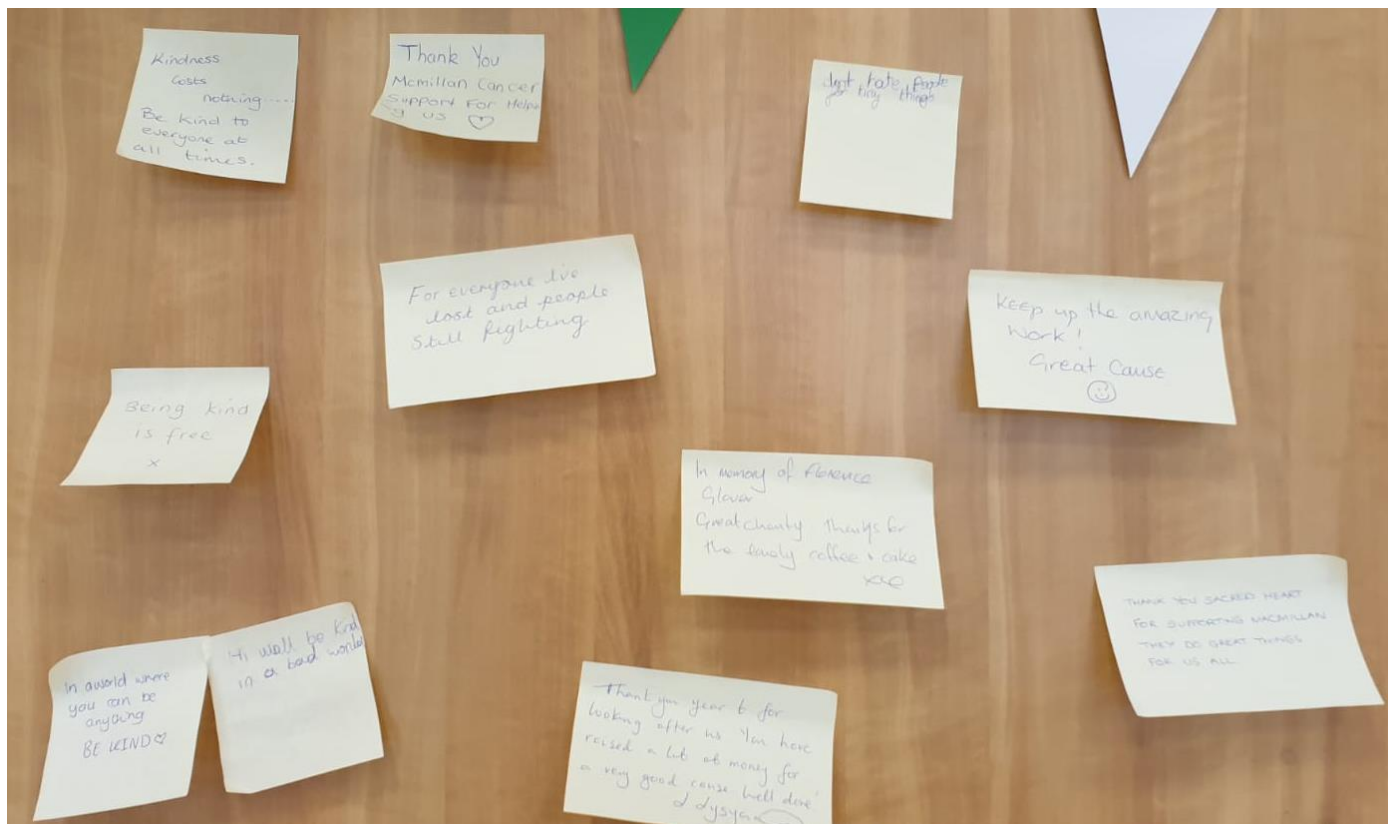
PUTTING CARE INTO ACTION - DO IT FAIR:
Thank you to those who supported our fairtrade stall in school over the last week. Our stock has fully sold out! We

remember that the fortnight spotlights why fairtrade should be a conscious choice throughout the year. Thank you for supporting our Fairtrade stall. Fairtrade Fortnight may be over, but choosing fairly traded products throughout the year helps us keep fairness and care for producers in mind. The amount raised from the stall is to be announced.





MACMILLAN COFFEE MORNING: Thank you to everyone who joined our Year 6-led Macmillan coffee morning on Wednesday 30 September. We are grateful to those who baked, donated, helped and came along. Thank you to Year 6 and the staff for welcoming our visitors and supporting this important cause. Your generosity made it a lovely community occasion. Amount raised: £361.25!



STICKY ITEMS: Please do not send your children with sticky packed lunch items. It would be fine if they were eaten, but they end up all over the floor as children try to dispose of them.



THANK YOU MRS WIGNALL: We said goodbye to Mrs Wignall, our TA1, on Wednesday 30 September. Thank you, Mrs Wignall, for the care and support you have given our children and for being part of our Sacred Heart family. We send you our warmest wishes for the future.



WELCOME BACK MISS MAGS: We are delighted to welcome Ms Mags Klimkowska back to Sacred Heart as a Special Needs Assistant. It is lovely to have you with us again, supporting our children and helping them to take part, learn and flourish. Welcome back, Miss Mags!

RESPONSIBLE ROAD USE: Please park responsibly around school. Keep our neighbours' driveways and pavement access clear, and do not park on the zigzag markings. Stay alert to children crossing, drive slowly and leave space for families to walk safely. Thank you for helping to keep everyone safe and showing respect for our neighbours.

CARING FOR OUR COMMON HOME: Yesterday, Mr Johnson was a speaker at the [Catholic Bishops' Conference of England and Wales webinar, "Season of Creation: A Journey of Education and Ecological Conversion"](#). Chaired by Bishop John Arnold, the event considered how education can help us care for creation and turn that care into everyday action. Mr Johnson presented alongside Dr Maureen Glackin, senior policy advisor at the Catholic Education Service, Dr Jakub Kowalewski, Senior Research Fellow at St Mary's University, Twickenham, and John Paul de Quay, co-founder of The Ecological Conversion Group Charity and The Journey to 2030 project. His contribution, "Formed to Change, Called to Serve", connected Catholic life and mission with care for our common home, the common good and the flourishing of all. This is a message our children can live through learning outdoors, looking after their surroundings and making thoughtful choices about the resources we use.



The Church gives us the why...

"The crisis we face is a summons to a profound interior conversion."
The Call of Creation

Our relationship with Christ must become visible in our relationship with the world around us.

More than a school. A community of love.
Love | Learn | Serve | Shine

A call to discernment

- Where is Christ calling you to act?
- Which part of your parish, school, home, community, trust or diocese needs the conditions to flourish?
- What gifts has God already placed within your community?
- How will you act as an agent of Christ, a servant of the Church and a missionary disciple in stewardship?



More than a school. A community of love.
Love | Learn | Serve | Shine

HARVEST AND CAFOD FAMILY FAST DAY: Today, Friday 2 October is our Harvest collection day and CAFOD Family Fast Day. Thank you to everyone supporting the collection with tinned, packeted and other non-perishable food. As we give thanks for what we have, we remember people who need support and put our faith into action by sharing.



HELPFUL PARENT RESOURCES

Useful support for families:

- Online safety: [Internet Matters](https://www.internetmatters.org/resources/online-safety-toolkit) offers guides to parental controls, apps and safer online habits. <https://www.internetmatters.org/resources/online-safety-toolkit>
- Mental health and wellbeing: [NHS advice for parents](https://www.nhs.uk) provides information and support for children's mental health. [nhs.uk](https://www.nhs.uk)
- School policies and learning support: Visit the [Sacred Heart website](https://www.sacred-heart.bolton.sch.uk/) and check your child's UNITE letter for guidance. Please speak to the class teacher if you need help supporting learning at home.

STAY CONNECTED: Follow our school Facebook page and visit the Sacred Heart website for regular updates, photographs and information.

<https://www.facebook.com/TheJourneyMatters> <https://www.sacred-heart.bolton.sch.uk/>

Please remember, if taking photographs at events, that not every child has permission to appear on social media.

Highlights this week:



ONLINE SAFETY - DIGITAL WELLBEING: October's online safety theme is Digital Wellbeing: helping children build healthier habits with technology. Talk together about when screens are helpful, when it is time for a break and how to make room for sleep, movement, play and family time. Shared activities can be positive too: play a game together, learn something new or create a picture or video. This month's parent newsletter also looks at AI companions and Discord. AI chatbots can sound like friends, but they are computer systems. Children should avoid sharing personal information and turn to a trusted adult for advice or worries. Discord has a minimum age of 13 and is therefore not suitable for primary-aged children. Its chats, servers and voice or video calls can expose users to unsuitable content and contact.

Please check age limits and privacy settings, keep conversations about online life open and reassure children that they can ask for help. The full October parent newsletter is included with this issue. Watch the captioned *Digital Wellbeing* video at <https://www.knowsleyclcs.org.uk/online-safety-monthly-videos/>

Online Safety Newsletter

October 2026

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Wayne Denner provides further information about the social side of CapCut including a comments section: <https://www.waynedenner.com/capcut-parents-guide/>

Would you like to read this newsletter in a different language? You

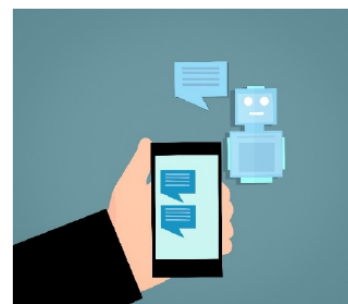
can use the translate tool on our web version: <https://www.knowsleylcs.org.uk/october-2026/>

L

AI companions

What are AI companions?

AI companions are artificial intelligence services designed to interact with users to simulate friendship or romantic relationships. There are many different AI companions available, accessible via apps or websites. **Many of these apps are intended for adults and have an age rating of 18+.**



Why are children using AI companions?

There are many reasons a child might want to use an AI companion, including:

- To ask advice and questions that they may be embarrassed to ask another person. It may be easier to talk to an AI companion, so it is imperative children understand the difference between AI and real people.
- They feel lonely and are looking for friendship.
- Children may just be curious and want to try new technology.

What should I be aware of?

- **Age restrictions:** it is important to check the age rating to see if it is appropriate for your child.
- **Inappropriate content:** there is often a lack of moderation so users could be exposed to content/language that is not suitable for their age.
- **Emotional dependence:** AI companions are designed to act as a friend, encouraging an emotional dependence. This may lead to your child becoming over reliant on the service. A chatbot should never replace a parent, a medical professional or other trusted adult.
- **Relationships:** repeated use of AI may influence a child's understanding of relationships and consent in real life.
- **Privacy and personal information:** children should not share personal or confidential information with AI companions.

What can I do?

- Check the age rating and any privacy settings.
- Set up appropriate parental controls on their devices/ broadband.
- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online. Ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

<https://www.internetmatters.org/resources/ai-chatbots-and-virtual-friends-how-parents-can-keep-children-safe/>

Discord

Discord is a social networking app originally designed for gamers, but is now used by lots of different people to **chat to each other online**. The minimum age to access Discord is 13. **The App store rates it as 17+.**

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and it can be set as either public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (**rather than using the game's own chat facility**). In-app purchases are available through Discord's subscription service called Nitro.



How can I make it safer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:

<https://discord.com/safety-family-center>

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. **Discord is used by an array of users and therefore adult content can be found on Discord, as well as inappropriate language.** Discord have produced this article, which answers frequent questions:

<https://discord.com/safety-library>

5 fun online activities

Whilst we must be aware of the negative aspects of the internet, it's also important to remember that it can also be a great place to have fun or learn something new as a family. Why not try the following?

1. Play a game together.
2. Take a family quiz – it could be around the topic of online safety (e.g. from Childnet) or you could use Kahoot to create your own.
3. Learn something new – explore BBC Bitesize, National Geographic Kids or Khan Academy.
4. Create something – make a digital drawing or video.
5. Read an Audio book.



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Doki Doki Literature Club

Doki Doki Literature Club is a game that, due to its cartoon anime appearance, may appear to be a game suitable for all. However, as the game progresses, it contains much darker and potentially distressing themes. The game includes references to suicide, self-harm and death.

The App store rates it as 18+ as it has cartoon or fantasy violence and horror/fear themes as well as infrequent profanity and crude humour. The game is described as psychological horror. You should also be aware that the app also includes in app purchases.

The game's own website also states that it "is not suitable for children or those who are easily disturbed."

Please ensure you have set up appropriate parental controls on any devices and platforms that your child uses to ensure they can't access games that are not suitable for their age.

Happy Tree Friends

Happy Tree Friends is another animated series that might look harmless because of its cartoon graphics, but the programme contains violence, death and blood. Clips of Happy Tree Friends are also circulating on social media platforms.

As above, we would recommend that you have set up appropriate parental controls to limit exposure to content like this. Also, chat to your child about what they are watching online and ensure they know that if they do see something online that upsets them, then they should talk to you or another trusted adult.

Further information:

<https://www.common sense media.org/website-reviews/happy-tree-friends>

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



The National College®

See full reference list on our website



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.09.2026

COMING NEXT WEEK: Next week includes the Scholastic Book Fair (open during parents' evening too!), a Year 3 local walk on Monday, Year 5 swimming on Tuesday and our parent reviews on Wednesday. Wednesday 7 October is the feast of Our Lady of the Rosary.



Sacred Heart.
RC Primary School Westthoughton
More than a school. A community of love.
Love | Learn | Serve | Shine

UPDATE FROM DIARY:

DATE	EVENT
Fri 2 October	Harvest collection and CAFOD Family Fast Day; Year 4 Mass 10am; Reception 2027 open afternoon tours 1.15–2.15pm and 2.15–3.15pm; Ruah 2.45–3.15pm.
5–12 October	Scholastic Book Fair booked. See school communications for visiting arrangements.
Wed 7 October	Parent, child and teacher reviews: 3.50–4.50pm and 5.50–7.50pm.
Thu 8 October	Mrs Furey's inclusion appointments. Book through the school office.
Fri 9 October	Class 2D Friday Morning Prayer 9.05–9.35am; Year 5 Mass 10am; Ruah 3–3.30pm.
Sun 11 October	Sacramental Programme registration closes.
Sun 18 October	Sacramental Programme enrolment Mass.
Mon 19 October	Music recital 2pm.

Please check school communications for any changes to timings and for arrangements applying to your child.

STAY IN TOUCH: School office 01942 634681 | office@sacred-heart.bolton.sch.uk | School photographs and updates: www.facebook.com/TheJourneyMatters



THE
MARK 10
MISSION

MISSION FILE

GOSPEL

Luke 1:26-38

At that time: The angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David. And the virgin's name was Mary. And he came to her and said, 'Hail, full of grace, the Lord is with you!' But she was greatly troubled at the saying, and tried to discern what sort of greeting this might be. And the angel said to her, 'Do not be afraid, Mary, for you have found favour with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High. And the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob for ever, and of his kingdom there will be no end.'

And Mary said to the angel, 'How will this be, since I am a virgin?' And the angel answered her, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy – the Son of God. And behold, your relative Elizabeth in her old age has also conceived a son, and this is the sixth month with her who was called barren. For nothing will be impossible with God.' And Mary said, 'Behold, I am the servant of the Lord; let it be to me according to your word.' And the angel departed from her.

FIND + MEMORISE

*The Almighty works marvels
for me. — — — his name!*

Luke 1:49

Your Mark 10 Mission is to complete
The Rosary Challenge. This October,
take up your Rosary, press play on our
videos and pray along with us!



Watch this
week's episodes

WORD OF THE WEEK

LISTEN

PRAYER

Write your own version of the Magnificat.

*My soul glorifies the Lord and my spirit rejoices
in God my Saviour because...*



WONDER QUESTIONS

Why do you think Our Lady was chosen to be the
Mother of God?

What makes the Holy Rosary such a powerful and
loved prayer?

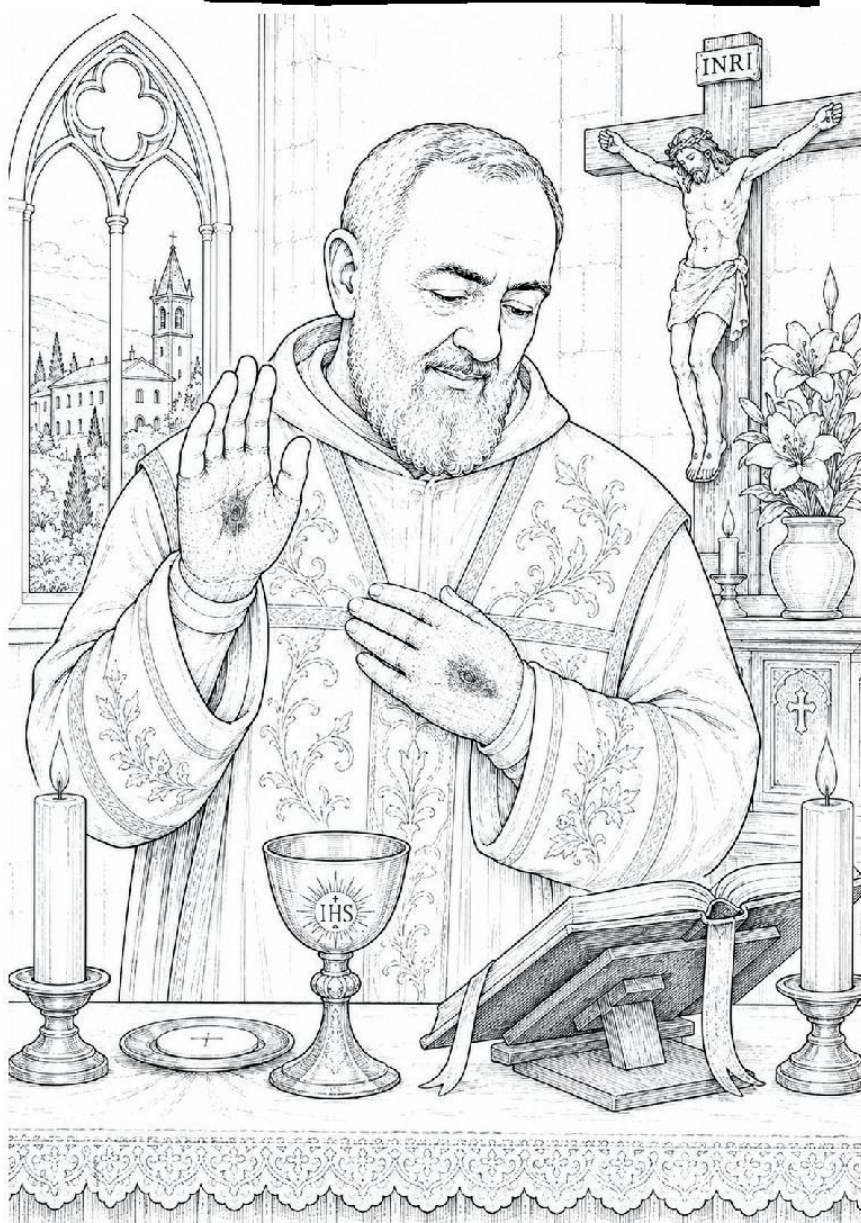
SAINT OF THE WEEK



PRIEST | MYSTIC

SAINT PADRE PIO

FEAST
SEPTEMBER 23RD



WHO IS HE?

St Pio was a Capuchin friar and priest known for his deep prayer and mystical gifts. For fifty years he bore the stigmata: the wounds of Christ in his hands, feet and side, and it was reported that he could read the hearts of those who came to Confession, knowing sins they had forgotten to mention. There are accounts of Padre Pio bilocating, appearing to people while remaining at his monastery, as well as reports of miraculous healings and a beautiful, mysterious fragrance surrounding him. Despite these extraordinary gifts, Padre Pio always pointed people towards Jesus, the Eucharist, Confession and prayer.

ST PADRE PIO PRAYER

Stay with me, Lord, for it is You alone I look for, Your Love, Your Grace, Your Will, Your Heart, Your Spirit, because I love You and ask no other reward but to love You more and more.

With a firm love, I will love You with all my heart while on earth and continue to love You perfectly during all eternity.
Amen

SAINT MISSION

St Padre Pio built his life around prayer and the Sacraments of Reconciliation and the Eucharist. If you asked Padre Pio how best to show your love for Jesus today, he would say, pray and receive the Sacraments of Reconciliation and the Eucharist as soon as possible. Therefore, your Mission is to do all of these things and do them with as much concentration, reverence and love as you possibly can.

COLOUR + PRAY





THE Wednesday WORD



SHARING SUNDAY'S GOSPEL WITH PARENTS & FAMILIES

Dear Parents and Carers,

It's easy to get caught up in the daily busyness of life and forget what life's really all about. However, to assist us on our path through life, God sends messengers to help us remember what is most important.

In this Sunday's Gospel, the servants represent God's messengers (the Prophets) and the tenants of the vineyard represent the leaders of Israel at that time. Jesus told this story because some of the leaders were not listening to God's messengers.

Wednesday 30th September 2026

In many ways we are like 'tenants' in this world. The messengers that God sends today remind us that God has a plan for our lives. We are created for everlasting life and, for now, we are here to share, enjoy and develop what God gives to us in this life.

Enjoy a very special time together hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **MESSENGER**.

Dom Henry Wansbrough



A Word from the Saints

"Let the message of Christ live in you." St Paul

THE GOSPEL IN CHURCH Sunday 4th October 2026



Jesus said, "There was once a landowner who planted a vineyard, rented it to some tenant farmers and then went off far away. When the fruit-season came, he sent some of his servants to the farmers to collect his fruit. But the farmers seized his servants. He then sent his son to them. 'They will respect my son,' he said. But the farmers said to one another, 'Look - here's the heir: come on, let's take over his inheritance.' So they seized the son, threw him out of the vineyard and killed him. Now when the lord of the vineyard comes, what will he do to those farmers?" "He'll bring those bad men to a bad end," was the reply. "Then he'll rent the vineyard to other tenants who will give him the fruit at harvest time."

Adapted from Matthew 21:33-43
The 27th Sunday in Ordinary Time, Year A

Learn more about this Sunday's Gospel in your local Parish Church: all are very warmly invited.

Family Time Prayer & Share Overleaf

Good News for Everyone

Our schools and parishes continue to share Jesus' message today, so that all people can live in a right relationship with God. Through our words and especially through our actions we too can be God's messengers, sharing God's joy and love at home, at school and in the community.

SPREAD THE WORD and bring **GOOD NEWS** to your friends by sharing **THE WEDNESDAY WORD**

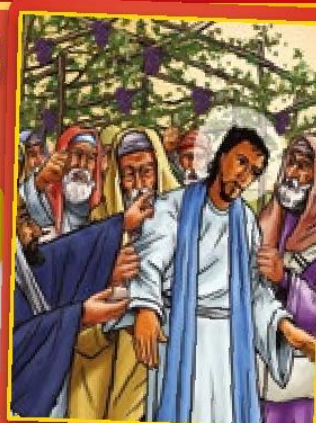
More than a school. A community of love.

Love | Learn | Serve | Shine



Good News for Families

TOGETHER TIME



Sunday Gospel Gallery

Look at this Sunday's Gospel picture. What can you see? How do you feel? What does it make you think about?

1

READ & REFLECT! Listen & Learn with Jesus, the Word!

Jesus said, "There was once a landowner who planted a vineyard, rented it to some tenant farmers and then went off far away. When the fruit-season came, he sent servants to collect the fruit which he was owed. But the farmers seized his servants. Finally, the landowner sent his son, but they treated him like the other servants so that they could have the vineyard for themselves." Then Jesus said, "When the landowner returns to the vineyard he'll remove those tenants and give the vineyard to good tenants instead."

Did the tenant farmers listen to the servants sent by the landowner?

Which word or words stood out for you in this Sunday's Gospel, and why? Spend a few relaxing moments pondering the picture together. Share any thoughts before moving on.

2

SHARE & CARE! Growing in Goodness & Love: This Wednesday's Word...

"How wonderful it is to proclaim to everyone the love of God which gives meaning to our lives!"

Pope Francis (Pope from 2013-2025)

Ask your child what the word 'messenger' means to them. Who do they think are God's messengers today? Who brings the message of Jesus to them? Which of Jesus' messages does your child like best, and which is your favourite? You may want to tell your child which messengers brought the good news about Jesus to you when you were younger (e.g. a family member, a teacher, a priest, a friend), through what they said and how they lived.



What do we think are the best ways that we can be God's messengers in these coming weeks? Perhaps we can: demonstrate our faith in God through being peacemakers - showing God's love and kindness to those around us; remember to start our day with a quiet time of prayer, just listening to God in our hearts before moving into action; talk with others about why we believe in God. Let's help God's messengers throughout the world by offering this week's Family Time prayer below for priests, missionaries and for all those who share the message of God's love.

MESSENGER



3

Dear Lord Jesus, thank you for all your messengers who help us to know you. Help us to be your faithful messengers, so that others will come to know the joy of loving you. Amen.

FINDING THREE

S T R E N W O D N A L T
E R E J E C T E D R A M
R V M S E R T O S O N D
V I O E T D E V S N D E
A N V S S R E M N N O T
N E E T T S Z T O R W C
T Y D V N N E S D V N E
S A N T E N A N T S E J
D R A Y E N I V G T R E
V D V A T D N T R E T R
S E M E S S E N G E R S
T N S T N A N E T M S S

WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- ☒ LANDOWNER
- ☒ VINEYARD
- ☐ MESSENGERS
- ☐ SERVANTS
- ☐ SON
- ☐ REJECTED
- ☐ REMOVE
- ☐ TENANTS

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY



Find and draw 3 differences, then colour the picture

Cross out the letters **x k z** in the jumbled words below to find 4 real words.

gikvexz goxkzod Wkhexzn krexturzns

_____ the landowner _____ to the vineyard

he'll _____ the vineyard to _____ tenants instead.

A MESSAGE FROM CAFOD! This Friday, 2nd October, is CAFOD's Harvest Fast Day. Find out how you can make a difference, and spread the message to others about this special day at: cafod.org.uk/primary

This week I will try my best to...



Write a promise & draw a big smile on Smiley

More about the Catholic Faith: wednesdayword.org & cbcew.org.uk