

# ST. HELEN'S NEWS

ASSISI  
CATHOLIC  
TRUST



18th October 2024 <https://www.facebook.com/sthelenswestcliff/>

## Our Mission Statement

Respect yourself  
Respect everyone in our school community  
Respect everyone in our local community  
Respect everyone in our global community  
But most of all, respect God our Father in Heaven

## DATES FOR YOUR DIARY



**22nd October** 08.30-09.30 –School nurse drop in session

**25th October**-Praying the Rosary– 2.45pm parents/carers invited

**HALF TERM**– Monday 28th October—Friday 1st November

**4th November**– **INSET DAY**  
**(no school)**

Please remember that **all classes** enter the school in the morning via the green gates. They open at 08.30 and close at 08.45.

Thank you

Here is the link for the TenTen October newsletter

<https://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>

Please note the change in date for both Reception classes (Hedgehogs and Squirrels) **Health check** original date 4th June 2025 now **3rd March 2025**

(As per email sent 3/10/24)



## Class Assembly Dates

All start at  
**9.00 am**

### Parents/carers

#### Welcome

#### Year 5

11th November  
Remembrance Day

#### 3 Seagulls

14th November

#### Year 4

29th November  
St Andrew's Day

#### 4 Fountains

16th January

#### 3 Robins

22nd January

#### 5 Rosa Parks

30th January

#### 4 Gideon

6th February

#### Year 3

28th February  
St David's Day

#### 2 Oysters

13th March

#### Year 6

17th March

St Patrick's Day

#### 2 Seahorses

21st March

#### 5 Walter Tull

8th May

#### 1 Starfish

22nd May

#### 1 Jellyfish

5th June

#### Year 6 Leavers mass

22nd July

Dates may be subject to change

Senior Leaders  
Special Mentions

Congratulations to Eliana, Hazelina and all the Machado family on the birth of their new baby girl Elysia



Meet your FOSH committee for St.Helen's Catholic Primary School



Renata Gawlik  
Secretary



Ellis Clark-Abdullah  
Chair



Dominic Clark-Abdullah  
Treasurer

fosh@st-helens.southend.sch.uk

**HARP Harvest Appeal 2024**  
www.harpsouthend.org.uk

**Needed:**

- Biscuits
- Rice
- Packet Pasta Sachets
- Jam
- Peanut Butter
- Chocolate Spread
- Cup a Soup
- Tinned Veg
- UHT Milk
- Tinned Fruit
- Tinned Veg
- Rice Pudding
- Custard
- Microwave Rice
- Tomato Sauce
- Brown Sauce
- Mayonnaise
- Biscuits
- Crisps

**Urgently Needed:**

- Coffee
- Sugar
- Pot Noodles/Super Noodles
- Tinned Meals: Curry, Chili
- Cereal
- Squash
- Cooking Sauces
- Fray BENTOS Meat Pies and Puddings
- Cooking Oil
- Tinned Pasta: Ravioli, Macaroni

To arrange a collection of items or a talk email [harp.fundraising@harpsouthend.org.uk](mailto:harp.fundraising@harpsouthend.org.uk)  
Or drop off your collection to Bradbury Day Centre, 103-107 York Road, Southend, SS1 2DL

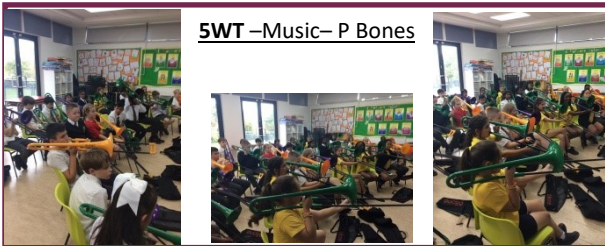
Registered charity number 1098126



Here is the link to our Facebook page-

<https://fb.watch/vi0ufcG0r5/>



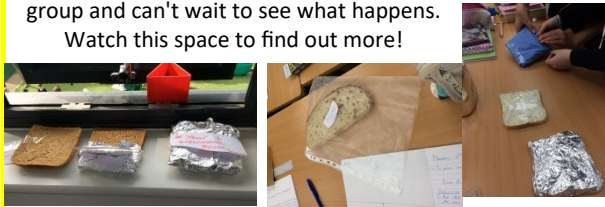


**SWT –Music– P Bones**

**Year 6** investigated the nets of 3D shapes today. They discussed the properties of the shape - faces, vertices and edges - recognising and naming each shape, before moving onto making the shape using a variety of resources. The children all loved experimenting, analysing their mistakes and drawing on prior knowledge to improve their shape for next time.



This afternoon, **Year 6** began a bread experiment. They decided which variable to change - for example - does the location increase mould growth, does the type of bread increase mould growth, does the amount of moisture increase mould growth. Setting up their experiment and planning when to observe results, they worked well in a group and can't wait to see what happens. Watch this space to find out more!



**3 Seagulls** were busy in the nature area after their school photos! They were very enthusiastic about playing Spiders web and Eagle eye. We discussed fair play and being honest with each other. They also experimented with mud, making a variety of mud faces which demonstrated their creative talents. Great fun was had by all!!



**1 Jellyfish and 3 Robins—Shared reading**



**1 Starfish** class have had lots of fun designing and creating their funny sweet biscuit faces. They decided which sweets they would use for their facial features completing a design sheet. They then created their funny faces and had great pleasure in taking them home to eat!



**4G** have been learning the actions for 'The Raindrop of Life' in preparation for writing our own Quest stories. There have been many creative plans, and we are looking forward to reading their final pieces!

We have been using laptops and iPads to research 'Black History Month' this week. The children wrote down their own notes for different significant figures and presented the facts to the class.



**6A** applying their knowledge to the reading of different scales



Welcome to our new School Council



Welcome to our new Eco Council





# health 4 life

## Dinner & Discover

### Online Healthy Lifestyle Series School Aged Children in Southend

Starting a new school year can be exciting, but we know it also comes with the challenge of adjusting to new routines, habits, and lifestyle choices. That's why we're inviting you to join the Health4Life team as we dive into helpful tips and strategies to make this transition smoother. We'll cover everything from creating healthy and sustainable habits around packed lunch boxes and snacks to managing fussy eating and much more. Let's work together to ensure your child has a happy and healthy school year!

Please sign up using the forms below



#### Healthy Lunchbox

Monday 11th November 5-6pm

<https://forms.office.com/e/kMxDyRGycw>

Making sure your child is eating the right thing to keep them fuelled throughout the day can be tricky. Join the Health4Life Team in this online session to look at the basics of creating a healthy packed lunch.

#### Fussy Eating

Monday 18th November 5-6pm

<https://forms.office.com/e/M41TVTPSDt>

Dealing with a child that is a fussy eater can be tricky. Join the Health4Life Team in this online session to look at the importance of a well balanced diet in addition to helpful methods and strategies to help you deal with fussy behaviours.



After signing up you will receive an email with a link to join the online workshop

CALL US FOR MORE INFO

01702 534843



[mseicb-s.health4life@nhs.net](mailto:mseicb-s.health4life@nhs.net)



[www.livewellsouthend.com](http://www.livewellsouthend.com)

## southend-on-sea health 4 life

## southend-on-sea health 4 life

a healthier future for the whole family a healthier future for the whole family



@ Westborough School 4-6pm  
Every Wednesday  
6th November - 11th December

For children and young people striving towards a healthier lifestyle

Learn how to develop healthy habits as a family. Topics include areas such as:

balanced diets, portion sizes, sugar swaps, sleep and screen time  
Followed by a fun 1 hour physical activity session delivered by Southend East School Sports Partnership

Learn how to make small changes that lead to great results

Join us for 6 FREE sessions of family fun, games and activities

To register or find out more information

Call: 01702 534843

Email: [mseicb-s.health4life@nhs.net](mailto:mseicb-s.health4life@nhs.net)



CALL US FOR MORE INFO

01702 534843



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[www.livewellsouthend.com](http://www.livewellsouthend.com)



## STARS OF THE WEEK

R Hedgehogs	Sherana Islam
R Squirrels	Elijah Solotan
1 Jellyfish	Luke G'joni
1 Starfish	Kobee Lano
2 Seahorses	Ella Mncube
2 Oysters	Maximillian Crancher
3 Robins	Joshua Orazulume
3 Seagulls	Maya Igho
4 Fountains	Sayera Sara
4 Gideon	Joseph Adebayoquadri
5 Rosa Parks	Benjamin Santos Howell
5 Walter Tull	Amayra Yumnaat
6 St. Anthony	Dorinda Vanderpuye-Grinstead Nathali Palihawadana
6 St.Raphael	Krish Parthiapan



## POSITIVE PLAY

### SUPERSTARS

Joshua Jacob  
Jerrell Masunga  
Adele Stean  
Toby Watkins  
Evan Shyju  
Melissa Motpan  
Ben Hunter  
Adelle Okafor  
Amelia Bahannack  
Daisy Garces

St. David 942

St. Patrick 977

St. Andrew 767

St. George 640

Following guidance from  
Brentwood Diocese, in R.E  
we will be following-

Religious

Educational

Directory

The programme will encourage the children to know Jesus more clearly. Each half term the children will follow a programme of study called "A branch", completing 6 branches within the school year.

The Big Questions for this topic:

### CREATION

Year 1 - How did our world begin?

Year 2 - What is a promise?

Year 3 - How are you like God?

Year 4 - Why is faith important?

Year 5 - How do the 10 Commandments affect everyday lives?

Year 6 - How different would the world be if Adam hadn't taken the apple?

**Please have a look on your child's class page  
on our Website**

**for lots more great photographs and  
curriculum/homework information!**

Year 1	<a href="https://st-helens.southend.sch.uk/Curriculum/classes/class-1">https://st-helens.southend.sch.uk/Curriculum/classes/class-1</a>
Year 2	<a href="https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-2">https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-2</a>
Year 3	<a href="https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-3">https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-3</a>
Year 4	<a href="https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-4">https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-4</a>
Year 5	<a href="https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-5">https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-5</a>
Year 6	<a href="https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-6">https://st-helens.southend.sch.uk/Curriculum/classes/welcome-class-6</a>

North Road, Westcliff On Sea, Essex, SS0 7AY  
Tel: 01702 343823  
Email: [office@st-helens.southend.sch.uk](mailto:office@st-helens.southend.sch.uk)

School Website: [www.st-helens.southend.sch.uk](http://www.st-helens.southend.sch.uk)  
School Gateway: [www.schoolgateway.com](http://www.schoolgateway.com)  
Facebook: <https://www.facebook.com/sthelenswestcliff/>