

We love, learn and grow together through Jesus Christ

NEWSLETTER

October 20th 2025



DIARY DATES

Year 1 Road Safety begins
16/09/2025

Monday 20th October - Nursery
and Reception Open evening. 3.30
- 4.30

Friday 24th October - Break up for
half-term holiday

Friday 24th - October - Year One
Celebration of the Word

Happy
holidays



**ENGLISH
MARTYRS**
SUNDERLAND

ATTENDANCE

**THIS WEEK'S
*attendance***

96%

As of September 2024, no
holidays will be authorised
unless there are exceptional
circumstances. Any holiday over
5 days will also be subject to a
referral for a penalty notice.
**Lateness and absences must
now be closely monitored too.**
There have been a number of children
being collected early - please note that
we are required to see a letter, email or
text as proof of appointments.

**Year 5 Attendance
winners this week.**

always check
the website for
the most up
to date
holiday dates



englishmartyrssunderland.org.uk



office@englishmartyrssunderland.org.uk



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Catholic Education Trust



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Rise Theatre

We had a fabulous day with the Rise Theatre Compnay



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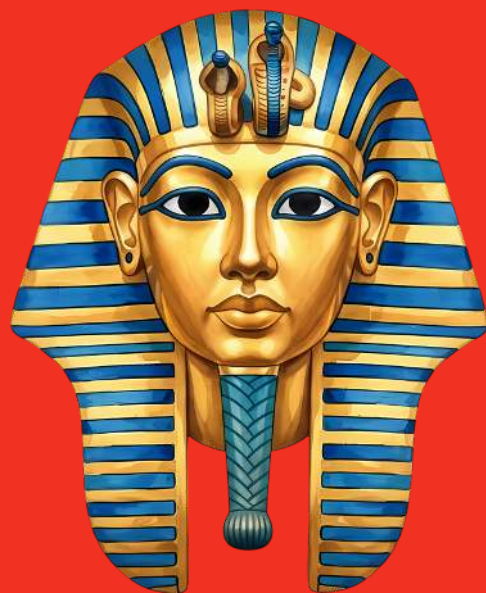


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HANCOCK MUSEUM



The children enjoyed a day at the Hancock museum.
Thank you to all of our adult helpers for making this happen.



EARLY HELP MORNING SUCCESS !

Thank you for your support this week, we welcome Broke Bowmaker to our school every Thursday to Support our families. Brooke will be available if you have and worries or require a little support. Meet her at the gate on a Thursday morning.

thanks
for your
support

Parents Evening

Thank you all for coming and meeting your child's class teacher and finding out how they have settled into school.

We hope to continue to work together over this academic year.



FOOTBALL SUCCESS

Great success for our newly established football team this week. Not only did they show great skills but also a great attitude and excellent team spirit.

We look forward to supporting their journey in the league this year.



SEND SUPPORT

Sunderland Local authority Whatsapp group
for parents / carers of SEND children and
looked after children



Outdoor coats

As the weather begins to turn more autumnal, we kindly ask that all children come to school wearing a suitable outdoor coat to ensure they stay warm and dry during outdoor activities. To help us return any misplaced items, please ensure that all coats are clearly labelled with your child's name.

Thank you for your continued support.



Parking Safety Reminder

To help keep all children safe during drop-off and pick-up times, we kindly remind parents and carers not to park on the zig-zag lines outside the school. These areas must remain clear to ensure visibility and safe crossing for pupils. Your cooperation helps us maintain a safe and welcoming environment for everyone.

Thank you



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NEWSLETTER



PE Days

NURSERY - Friday
RECEPTION - Thursday
YEAR 1 - Monday
YEAR 2 - Monday
YEAR 3 - Wednesday
YEAR 4 - Swimming (Monday)
Tuesday PE
YEAR 5 - Wednesday
YEAR 6 - Tuesday

Please can you ensure that earrings are removed for PE days.



**OPEN EVENING
RECEPTION PLACES 2026**

3.30 – 4.30 pm Monday 20 October 2025

English Martyrs' Catholic Primary School, SR5 5AU

Call: 0191 548 8330
Email: office@englishmartyrssunderland.org.uk
Web: www.englishmartyrssunderland.org.uk

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Catholic Education Trust

*By the Catholic School Inspectorate

Reminders

School Meals – Meals should be paid in advance for the week ahead. Make sure your child's meal balance is paid up to date.

Clothing Labels – Please make sure all clothing is labelled correctly.



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AFTER SCHOOL CLUBS

🎨⚽ Why After-School Clubs Are Brilliant! 🎵📖

After-school clubs give children the chance to explore new interests, build confidence, and make new friends. Whether it's sports, music, art, or something else, clubs help children develop important skills while having fun in a relaxed and supportive environment. It's a great way to end the school day with creativity, teamwork, and smiles! 😊

MONDAY	Multi Skills Year3,4 and 5 (3.15pm – 4.15)
TUESDAY	- Football Club Y5,6 20 3.20 – 4.15pm - Art and Craft Y2,3 15 3.20 – 4.15pm - Drama Club Y2, Y3, Y4, Y5. Y6 25 3.20 – 4.15pm
WEDNESDAY	Seasonal Games Y2,3,4 15 3.20 – 4.15pm
THURSDAY	- Art and Craft Reception, Y1 15 3.20 – 4.15pm - Netball/Basketball Y3, Y4, Y5, Y6 25 3.20 – 4.15pm

Please give permission for your child to attend the above after school clubs and agree to pay £2 per week for each activity, termly, in advance £26 on ParentPay

Breakfast club runs 8.00am - 9.00 am. £2.00 per session please ring the school office know if you require a place (max 30)



**ENGLISH
MARTYRS**
SUNDERLAND

SCHOOL NEWS



OPEN EVENING RECEPTION PLACES 2026



3.30 – 4.30 pm Monday 20 October 2025



English Martyrs' Catholic Primary School, SR5 5AU

Call: 0191 548 8330

Email: office@englishmartyrssunderland.org.uk



Nursery and Reception Open Evening 2026



Monday 20th October 3:30-4:30pm



**Do you have a child due
to start Nursery or
Reception next year?**

**Come and explore our happy and
welcoming EYFS, meet our passionate team
and discover what makes English Martyrs' a
special place for your child to thrive.**



**Please register your
interests or contact us for
any enquiries.**

English Martyrs' Catholic Primary School, SR5 5AU

Call: 0191 548 8330

Email: office@englishmartyrssunderland.org.uk

Web: www.englishmartyrssunderland.org.uk



*By the Catholic School Inspectorate

SCHOOL LUNCHES

The Power of a School Lunch!

A healthy school lunch helps children stay focused, energised, and ready to learn. It's a great way for them to try new foods, enjoy a balanced meal, and share lunchtime with friends – all part of a happy, productive school day!

#HealthyEating #SchoolLunchMatters #FuelForLearning

New school lunch menu

CHADWICK'S
KITCHEN

WEEK 1

WEEK 2

WEEK 3

MONDAY

CHOOSE A MAIN MEAL:
Cheese and Tomato Pizza
Or
Quorn Sausage in a Bun
Or
Macaroni Cheese (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Homemade Potato Wedges
Garlic Slice
Carrot Batons/Sweetcorn
Or
Coleslaw
DESSERT: Choice of:
Mrs Parkin's Ginger Biscuit
Cheese & Crackers
Fresh Fruit or Yoghurt

TUESDAY

CHOOSE A MAIN MEAL:
Chadwick's Kitchen All Day Breakfast
(Vegetarian Option available)
Or
Mr Parkin's Chicken Shawarma Wrap
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Half a cheesy Jacket Broccoli
Peas and sweetcorn mix
Baked Beans
DESSERT: Choice of:
Toffee Apple Crumble
and Custard
Cheese & Crackers
Fresh Fruit or Yoghurt

WEDNESDAY

CHOOSE A MAIN MEAL:
Roast of the Day
Or
Chadwick's Chicken Kiev
Or
Tomato & Herb Pasta (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Roast Potatoes
Yorkshire Pudding
Baton Carrots
Sprouts
DESSERT: Choice of:
Iced Chocolate Sponge
Cheese & Crackers
Fresh Fruit or Yoghurt

THURSDAY

CHOOSE A MAIN MEAL:
Northumberland Sausage
Or
Bolognese Pasta Bake
Or
Cheese Panini (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Mashed Potatoes
Garlic Bread
Broccoli and Swede
DESSERT: Choice of:
Lemon Love Tray Bake
Cheese & Crackers
Fresh Fruit or Yoghurt

FRIDAY

CHOOSE A MAIN MEAL:
Fish Fingers
Or
BBQ Quorn Mince Burrito
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Chips
Peas and Baked Beans
Cucumber and Pepper Sticks
DESSERT: Choice of:
Sticky Banana Muffin
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Cheese and Tomato Pizza
Or
Tuna or Cheese Sandwich
Or
Tomato Pasta Bake (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Garlic and Herb Potatoes
Vegetable Crudites
Sweetcorn
DESSERT: Choice of:
Eve's Sponge & Custard
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Mince and Dumplings
Or
Chicken Fajita Wrap
Or
Broccoli Cheese Bake (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Mashed Potatoes
Garlic Slice
Winter Cabbage and Cauliflower
DESSERT: Choice of:
Chocolate Mousse with
Mandarin Oranges
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Roast of the Day
Or
Meatball Marinara Pasta
Or
Meat Free Roast (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Roast Potatoes
Yorkshire Pudding
Garlic Slice
Sprouts and Carrots
DESSERT: Choice of:
Mrs Vicker's Orange Drizzle
Cake & Custard
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Breaded Herby Turkey
Or
Mr Parkin's Oodles of Chicken Noodles
Or
Quorn "Chicken" & Cheese Wrap (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Baby Botted Potatoes
Broccoli & Roasted Winter Veg
DESSERT: Choice of:
Chocolate Crispy Crunch
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Fish Fillet or Fish Cakes
Or
Vegetable Savoury Rice with Curry Sauce
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Chips
Peas
Baked Beans
DESSERT: Choice of:
Homemade Rice Pudding
with Peaches
Shortbread Biscuit
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Cheese and Tomato Pizza
Or
Ham or Tuna Sandwich
Or
Vegetable Hot Pot (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Homemade Potato Wedges
Sweetcorn
Carrot Batons
DESSERT: Choice of:
Winter Sponge and Custard
Cheese & Crackers
Fresh Fruit or Yoghurt

CHADWICK'S CHICKEN CURRY
Or
Meatball Flatbread
Or
Vegetable Flatbread
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Wholegrain Rice
Diced Herby Potatoes
Peas and Cauliflower
DESSERT: Choice of:
Chocolate Orange Brownie
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Roast of the Day
Or
Homemade Sausage Roll
Or
Crispy Crumb Macaroni Cheese (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Roast Potatoes
Yorkshire Pudding
Carrot & Swede Mash
Honey Roasted Parsnips
DESSERT: Choice of:
Flapjack and Custard
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Chef's Pie of the Day
Or
BBQ Chicken Sub
Or
Tomato Pasta Bake (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Mashed Potatoes
Garlic Slice
Peas
Cauliflower & Winter Cabbage
DESSERT: Choice of:
Mrs Fallon's Biscuits
Cheese & Crackers
Fresh Fruit or Yoghurt

CHOOSE A MAIN MEAL:
Fish Fingers or Fish Fillet
Or
Salmon Salad Wrap (V)
Or
Jacket Potato with a choice of topping

ON THE SIDE:
Chips
Peas
Pepper Strips
Baked Beans
DESSERT: Choice of:
Jelly and Fruit
Cheese & Crackers
Fresh Fruit or Yoghurt

Healthy option on the day
Least food miles travelled

CHADWICK'S KITCHEN MENU

AUTUMN/WINTER 2025/2026



Holy Communion TIMETABLE

ST. HILDA'S AND ENGLISH MARTYRS' FIRST HOLY COMMUNION PROGRAMME

Thursday 18.09.25	Meeting for Parents & Welcome Liturgy <i>English Martyrs' School</i>	3.20 p.m.	<i>All First Holy Communion Children & Parents</i>
Thursday 13.11.25	Session 2 - Baptism <i>English Martyrs' School</i>	3.20 - 4.15pm	<i>All First Holy Communion Children & Catechists</i>
Saturday 15.11.25	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	<i>All First Holy Communion Children & Parents</i>
Thursday 27.11.25	Session 3 - Gifts We Offer <i>English Martyrs' School</i>	3.20-4.15pm	<i>All First Holy Communion Children & Catechists</i>
Saturday 29.11.25	St. Hilda's Church	5.45 p.m.	<i>All First Holy Communion Children & Parents</i>
Thursday 15.01.26	Session 4 - Listening <i>English Martyrs' School</i>	3.20-4.15pm	<i>All First Holy Communion Children & Catechists</i>
Saturday 17.01.26	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	<i>Children and Parents</i>
Thursday 26.02.26	Session 5 - Reconciliation <i>English Martyrs' School</i>	3.20-4.15pm	<i>All First Holy Communion Children & Catechists</i>
Saturday 28.02.26	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	<i>Children and Parents</i>
Thursday 12.03.26	Sacrament of Reconciliation <i>English Martyrs' School Chapel</i>	3.15-4.15pm	<i>All First Holy Communion Children, Parents & Catechists</i>
Thursday 30.05.26	Session 6 - Give Thanks <i>English Martyrs' School</i>	3.20-4.15pm	<i>All First Holy Communion Children & Catechists</i>
Saturday 02.05.26	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	<i>Children and Parents</i>
Thursday 04.06.26	Session 7 - Take and Eat <i>English Martyrs' School</i>	3.20-4.15 pm	<i>All First Holy Communion Children & Catechists</i>
Saturday 06.06.26	Session 8 - First Holy Communion Celebration <i>St Hilda's Church</i>	09.30 am	<i>Children and Parents</i>
Friday 12.06.26	Session 9 - Sending Out - Party <i>English Martyrs' School</i>	13.00-15.00pm	<i>All First Holy Communion Children & Catechists</i>

Father David expects commitment to attend all of the above in order
to proceed to Making the Sacrament



SETTING BOUNDARIES AROUND GAMING

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary; emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

18
CENSORED

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

SAFEGUARDING

SAFEGUARDING IS EVERYONE'S RESPONSIBILITY!

If incidents involving children from our school are taking place in the local community, please report your concerns to **Together for Children**.

- To report a child safeguarding concern (0 to 17 years old) contact Together for Children on **0191 5617007** (available 8.30am to 5:15pm Monday – Thursday, 8.30am to 4.45pm Friday).
- Out of hours duty safeguarding officer: **0191 5205552**
- **For serious incidents, we would always advise contacting the police directly 999 or 101 for non-emergencies**
- **Gentoo Housing co-ordinator for North Sunderland 07734597810**

Keeping children safe is everyone's responsibility



Our school designated safeguarding leads

