

We love, learn and grow together through Jesus Christ

NEWSLETTER

November 10th 2025



DIARY DATES

Diary Dates.

Anti Bullying week - 10th
NOVEMBER

CYCLING proficiency 10th

November - Year 5

Children In need Day - 14th
November

come in your spots to support this
Charity. Pay on parent pay.

EY and KS1 police visit 18th
November

25th November at 9.15 Year 1 and
year 2 Phonics session please join
us.

28th November - Snowtubing
Silksworth

1st December Dental NURse visits
the children.



**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 again this
week.**

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



englishmartyrssunderland.org.uk



office@englishmartyrssunderland.org.uk



Proud to be part of
Bishop Chadwick
Catholic Education Trust

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Welcome Back

Welcome Back! 🍂

We hope all our families had a wonderful half-term break, filled with fun, rest, and special moments together. Now that Halloween and Bonfire Night have passed, we're excited to begin the second half of the autumn term—a time full of reflection, celebration, and joy.

Over the coming weeks, we'll be marking Remembrance Day, preparing for Advent, and embracing the festive spirit as we head towards Christmas. There will be plenty of opportunities for creativity, learning, and togetherness, and we can't wait to share these experiences with your children.

Thank you, as always, for your continued support. Let's make this half-term a memorable one!



FATHER DAVID VISITS US...



Year One and Year Two have been learning all about the symbols of baptism this week in their RE lessons. Fr David popped in to support our children and very kindly baptised the baby to show us what a real baptism would look like..

YEAR 6 LEAD US IN REMEMBRANCE.



Year 6 led us in their celebration of the word.

We remember as one school community those we have lost.

CaMHS Workshops

(Child and Adolescent Mental Health Services)

Supporting your child with their mental health and wellbeing

We know that it can be really hard to support your child when they are struggling with their mental health. So CaMHS would like to invite you to attend online workshops.

All workshops are going to be on Microsoft Teams.

You will have the chance to ask some questions at the end.

Workshop	Description of workshop	Age Group	Other Information	Dates/Times
Supporting your child with their mental health and well being	This workshop provides further information about mental health difficulties and what you can do as a parent to support your child.	Parents of all ages.	Duration – 90 minutes	Thurs 2nd Oct 10am Thurs 6th Nov 1pm Thurs 4th Dec 10am
Sleep hygiene	This workshop will promote healthy sleeping habits for your child.	Parents of all ages.	Duration – 60 minutes	TBC

To book onto one of the workshops please download and complete the following form and send it to:

stsft.camhsworkshops@nhs.net

Link to booking form:

https://www.stsftmentalhealth.nhs.uk/download_file/view/b6b28857-488b-4a7a-966f-5eb9d3d7d86e/879



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.

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)



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

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 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 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	CHOOSE A MAIN MEAL: 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



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



SUPPORTING CHILDREN WITH SEND

Top Tips for SUPPORTING CHILDREN WITH SEND

Supporting children with special educational needs and disabilities (SEND) in early years settings is of paramount importance. Early identification of SEND and appropriate rapid intervention can make a profound difference to a child's developmental trajectory, as well as to their overall wellbeing and learning.

IDENTIFY POTENTIAL SEND EARLY

To recognise potential learning delays, early years professionals should have a sound understanding of child development. Tools such as Development Matters or Birth to Five Matters can help in this regard. Remember that children develop at different rates, so potential delays may not necessarily be an indicator of SEND. Share any highlighted learning delays with your setting's SENCO.

TAKE A GRADUATED APPROACH



Follow a clear process to ensure that support is tailored to the individual child. Identify and assess the child's needs, using information from sources such as parents and specialists. Develop a personalised plan outlining learning goals and strategies. Provide appropriate support, resources and adaptations for the child. Review their progress regularly, making adjustments as needed.

ADAPT THE CURRICULUM



Use visual aids, Makaton, social stories or alterations to the learning environment to adapt the curriculum for learners with SEND. Adaptations should be based on each child's specific needs and strengths. Be mindful that children with SEND may require further support to master new skills and concepts, such as using visual cues or breaking tasks down into smaller steps.

OBSERVE AND ASSESS REGULARLY



Observe and assess the child's progress to ensure their personal plan reflects their particular needs. Good quality observation provides detail on the child's strengths, interests and preferences. Regular assessment helps with planning appropriate activities, experiences and intervention strategies. Take information on board from parents and any other professionals involved.

FOCUS ON THE CHILD'S STRENGTHS



Inclusive environments recognise that all children have unique abilities and contributions to make, promoting a sense of belonging and acceptance. Celebrating children's strengths makes them feel valued and cultivates a positive sense of self. Building on the strengths of children with SEND ensures early years professionals can plan meaningful, enjoyable learning experiences.

PLAN TRANSITIONS CAREFULLY



Transitions across the setting or to another environment can be especially challenging for children with SEND. Plan them in advance, working with the child's family and other relevant parties (such as their new teacher) to provide consistency and a sense of security. Social stories, visual cues and a gradual introduction to new environments can help to minimise the negative impact of transitions.

DEVELOP PARENT PARTNERSHIPS



Regularly share information, discuss progress and address any concerns with parents. This helps to establish shared developmental goals and expectations, building consistency by allowing strategies used at nursery to be replicated at home. Ideally, the level of engagement with parents should enable them to contribute to assessments, planning and reviews of their child's progress.

REVIEW THE SEND CODE OF PRACTICE

The SEND Code of Practice contains invaluable information about the obligations of settings working with children with SEND. It also offers advice on ways to support children who have SEND, as well as guidance on additional support which is available from a range of professionals.



SPEAK TO YOUR SENCO



Your setting's Special Educational Needs Co-Ordinator (SENCO) will be able to support you with any aspect of working with children who have SEND. This should include providing training, advice and support to early years practitioners – enhancing their understanding of SEND and helping them to develop effective strategies for supporting children with additional needs.

SEEK EXTERNAL SUPPORT



Some children may require additional support from health care professionals, specialist teachers or speech and language therapists. They will be able to work with you and the child's family to provide specific expertise. Your local authority early years team can advise on sourcing specialist support, including making referrals or requesting an Education, Health and Care Needs assessment.

INVEST IN ONGOING TRAINING



Regular training enhances the knowledge and skills of early years professionals when supporting children with SEND. Training could be on statutory requirements, relevant policies and procedures, or specific intervention strategies employed in your setting. It may be available through your local authority or stronger practice hub – or could be delivered by your SENCO.

