

We love, learn and grow together through Jesus Christ

# NEWSLETTER

December 15th 2025



## DIARY DATES

### Diary Dates.

Wednesday 18<sup>th</sup> 10am - December  
Christmas Mass in school (parents  
/ carers welcome)

School closes for Christmas  
Holidays at 1pm on Friday 19<sup>th</sup>  
December and reopens on Monday  
6<sup>th</sup> January 2026

Other Christmas dates are  
included on page 2



**ENGLISH  
MARTYRS**  
SUNDERLAND

## ATTENDANCE

### THIS WEEK'S *attendance*

# 94.4%

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](http://englishmartyrssunderland.org.uk)



[office@englishmartyrssunderland.org.uk](mailto:office@englishmartyrssunderland.org.uk)



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## Christmas Dates for your Diary 2025



Wednesday 3 <sup>rd</sup> December 2025	Christmas Dinner
Tuesday 9 <sup>th</sup> December 2025 9:30am	Nursery, Reception Christmas Play
Wednesday 10 <sup>th</sup> December 2025 9:30am	Y1, Y2 & Y3 Nativity
Thursday 11 <sup>th</sup> December 2025 9:30am	Y4, Y5 & Y6 Christmas Play & Christmas Jumper day
Friday 12 <sup>th</sup> December 2025 9:30am	Whole School Christmas pantomime
Monday 15 <sup>th</sup> December 2025 9:30am	Nursery & Reception Christmas Party
Monday 15 <sup>th</sup> December 2025 4:00pm–5:00pm	EYFS, KS1 and KS2 Christmas Party £1 per child
Tuesday 16 <sup>th</sup> December 2025 9:30am	Y1 & Y2 Christmas Party
Wednesday 17 <sup>th</sup> December 2025 10:00am	Christmas Mass
Wednesday 17 <sup>th</sup> December 2025 3:30pm	Christmas Fair KS2 Hall
Thursday 18 <sup>th</sup> December 2025	Y3 & Y4 Christmas Party Y5 & Y6 Christmas Party
Friday 19 <sup>th</sup> December 2025 <b>1:00pm</b>	Break up for Christmas
Tuesday 6 <sup>th</sup> January 2026	School Returns



**Please remember that on the day of their party,  
children should come into school in their own clothes.**

There will be a charge of £1 per child for the  
whole school Christmas Party after school on  
Monday 15th December 2025.

(To be paid via ParentPay)







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**Thankyou so much your support it is greatly appreciated. The children performances highlighted their many talents and skills.**



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## SPECIAL VISITORS IN SCHOOL



We thank the police for coming to work with Year 5 and Year 6 and explaining the importance of our behaviour and what Anti Social behaviour is.

The whole school joined together to watch the Christmas Pantomime ... OH Yes WE DID !!!



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## MINI VINNIE NEWS



**Thank you for your incredible generosity!**  
Your donations are making a real difference by helping our Mini Vinnies support their chosen charities. The toiletries you've provided are greatly appreciated and will go a long way in supporting those in need within our local community.

**Thank you for being part of this wonderful effort!**



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## Message from the Office

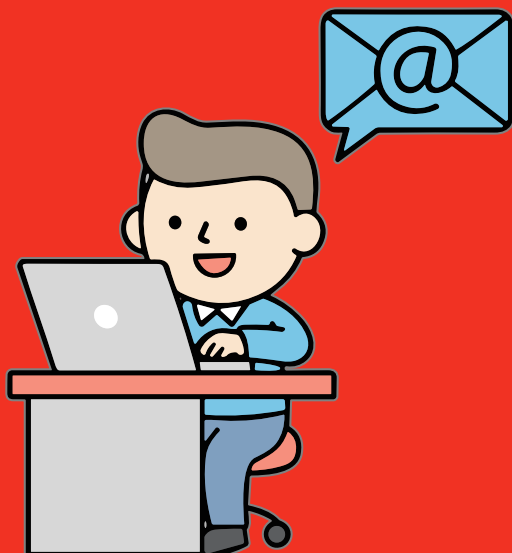
**We currently have outstanding balances of:**

**School Lunches: £1,300**

**Breakfast Club: £633**

**Office staff will be contacting families this week regarding these amounts. Please ensure all outstanding balances are settled as soon as possible so we can close our accounts before the end of term.**

**From next term, the school will operate a strict no-debt policy. Thank you for your cooperation and understanding in helping us maintain a fair and sustainable system**



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## 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! 😊

<b>MONDAY</b>	Multi Skills Year3,4 and 5 (3.15pm – 4.15)
<b>TUESDAY</b>	<ul style="list-style-type: none"><li>• Football Club Y5,6 20 3.20 – 4.15pm</li><li>• Art and Craft Y2,3 15 3.20 – 4.15pm</li><li>• Drama Club Y2, Y3, Y4, Y5. Y6 25 3.20 – 4.15pm</li></ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"><li>• Seasonal Games Y2,3,4 15 3.20 – 4.15pm</li></ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"><li>• Art and Craft Reception, Y1 15 3.20 – 4.15pm</li><li>• Netball/Basketball Y3, Y4, Y5, Y6 25 3.20 – 4.15pm</li></ul>

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**  
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## MANAGING SCREEN TIME

### Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY  
MILK

#### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

#### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

#### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

#### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

#### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

#### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

#### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

#### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

#### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

#### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

#### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

#### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.



# 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	<p><b>CHOOSE A MAIN MEAL:</b> Cheese and Tomato Pizza Or Quorn Sausage in a Bun Or Macaroni Cheese (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Homemade Potato Wedges Garlic Slice Carrot Batons/Sweetcorn Coleslaw <b>DESSERT:</b> Choice of: Mrs Parkin's Ginger Biscuit Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	TUESDAY	<p><b>CHOOSE A MAIN MEAL:</b> Chadwick's Kitchen All Day Breakfast (Vegetarian Option available) Or Mr Parkin's Chicken Shawarma Wrap Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Half a cheesy Jacket Broccoli Peas and sweetcorn mix Baked Beans <b>DESSERT:</b> Choice of: Toffee Apple Crumble and Custard Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	WEDNESDAY	<p><b>CHOOSE A MAIN MEAL:</b> Roast of the Day Or Chadwick's Chicken Kiev Or Tomato &amp; Herb Pasta (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Roast Potatoes Yorkshire Pudding Baton Carrots Sprouts <b>DESSERT:</b> Choice of: Iced Chocolate Sponge Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	THURSDAY	<p><b>CHOOSE A MAIN MEAL:</b> Northumberland Sausage Or Bolognese Pasta Bake Or Cheese Panini (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Mashed Potatoes Garlic Bread Broccoli and Swede <b>DESSERT:</b> Choice of: Lemon Love Tray Bake Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	FRIDAY	<p><b>CHOOSE A MAIN MEAL:</b> Fish Fingers Or BBQ Quorn Mince Burrito Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Chips Peas and Baked Beans Cucumber and Pepper Sticks <b>DESSERT:</b> Choice of: Sticky Banana Muffin Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHOOSE A MAIN MEAL:</b> Cheese and Tomato Pizza Or Tuna or Cheese Sandwich Or Tomato Pasta Bake (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Garlic and Herb Potatoes Vegetable Crudites Sweetcorn <b>DESSERT:</b> Choice of: Eve's Sponge &amp; Custard Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHOOSE A MAIN MEAL:</b> Cheese and Tomato Pizza Or Ham or Tuna Sandwich Or Vegetable Hot Pot (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Homemade Potato Wedges Sweetcorn Carrot Batons <b>DESSERT:</b> Choice of: Winter Sponge and Custard Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHADWICK'S CHICKEN CURRY</b> Or Meatball Flatbread Or Vegetable Flatbread Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Wholegrain Rice Diced Herby Potatoes Peas and Cauliflower <b>DESSERT:</b> Choice of: Chocolate Orange Brownie Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHOOSE A MAIN MEAL:</b> Roast of the Day Or Homemade Sausage Roll Or Crispy Crumb Macaroni Cheese (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Roast Potatoes Yorkshire Pudding Carrot &amp; Swede Mash Honey Roasted Parsnips <b>DESSERT:</b> Choice of: Flapjack and Custard Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHOOSE A MAIN MEAL:</b> Chef's Pie of the Day Or BBQ Chicken Sub Or Tomato Pasta Bake (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Mashed Potatoes Garlic Slice Peas Cauliflower &amp; Winter Cabbage <b>DESSERT:</b> Choice of: Mrs Fallon's Biscuits Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHOOSE A MAIN MEAL:</b> Fish Fillet or Fish Fillet Or Salmon Salad Wrap (V) Or Jacket Potato with a choice of topping</p>	<p><b>ON THE SIDE:</b> Chips Peas Pepper Strips Baked Beans <b>DESSERT:</b> Choice of: Jelly and Fruit Cheese &amp; Crackers Fresh Fruit or Yoghurt</p>	<p><b>CHADWICK'S KITCHEN MENU</b> AUTUMN/WINTER 2025/2026</p>



# 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 &amp; Parents</i>
Thursday 13.11.25	Session 2 - Baptism <i>English Martyrs' School</i>	3.20 - 4.15pm	<i>All First Holy Communion Children &amp; 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 &amp; 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 &amp; Catechists</i>
Saturday 29.11.25	St. Hilda's Church	5.45 p.m.	<i>All First Holy Communion Children &amp; Parents</i>
Thursday 15.01.26	Session 4 - Listening <i>English Martyrs' School</i>	3.20-4.15pm	<i>All First Holy Communion Children &amp; 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 &amp; 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 &amp; 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 &amp; Catechists</i>
Saturday 02.06.26	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 &amp; 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 &amp; 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

