



NEWSLETTER

English Martyrs' Catholic Primary School



13th March 2026



Diary Dates

Friday 20th March – Year 3 Celebration of the Word

Tuesday 31st March – Year 1 and 2 trip to Beamish

Tuesday 31st March & Wednesday 1st April – Parents Evening

Wednesday 1st April – Easter Egg competition entries need to be handed in

Wednesday 1st April – 10am Easter Mass

Thursday 2nd April – Break up for Easter holidays at 1pm



**ENGLISH
MARTYRS**
SUNDERLAND



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13th March 2026

Message from the Office

We currently have outstanding balances of:

School Lunches: £301

Breakfast Club: £343.98

Thank you to all parents who have paid their parent pay.

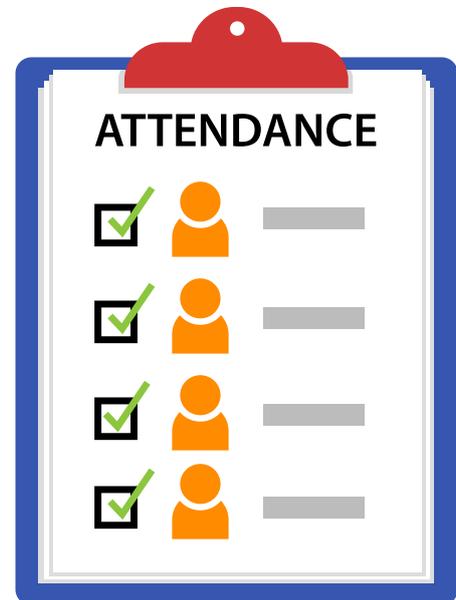
Please see above amounts still outstanding payment. From this term, the school will operate a strict no-debt policy. Thank you for your cooperation and understanding in helping us maintain a fair and sustainable system.



Attendance

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.



THIS WEEK'S
attendance

94.9%

Year 1 are attendance winners this week with 98.2%!!



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Big Lent Walk



We will be taking part in The Big Lent Walk on
Wednesday 1st April 2026 at 10am.
We would be most grateful if children could bring
in £1 which will be donated to CAFOD.
Thank you for your continued support!

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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Bishop Chadwick
Catholic Education Trust



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13th March 2026

British Science Week 2026

This week was British Science Week. The children have taken part in different activities. Key stage one watched a live lesson hosted by the NFU. We learnt about: when a cow poos where does it go?, what do all the buttons in a tractor do?, how do you train a sheepdog? And how do farmers care for the wildlife on their farms? The children enjoyed the songs and dances to help us remember the answers.





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PE days

Monday – Year 1 and year 2
Year 5 (swimming)

Tuesday – Year 5 and Year 6

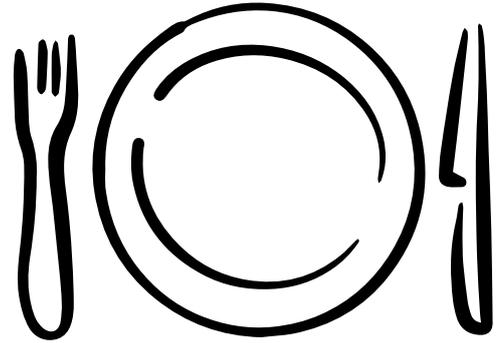
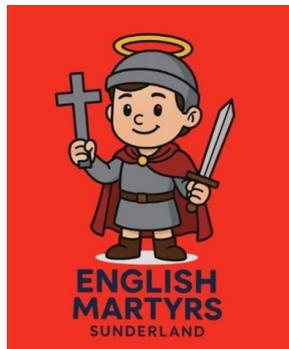
Wednesday – Year 3 and Year 4

Thursday – Reception

Friday – Nursery

Please ensure earrings are removed for PE.

Changes to PE days from this half term for Year 4 and 5



School Meals

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.

Breakfast Club

Breakfast club runs every morning 8am-9am.

£2 per child.

Please contact the school office if you require a place.

(Max 30)





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Celebration of the Word Timetable Spring Term 2026 DATE CHANGE FOR EASTER MASS

English Martyrs' R.C. Primary School
Celebration of the Word
Spring Term 2026

06.03.26	Year 1	Miss Goldsmith
13.03.26	Year 2	Mrs Foster
20.03.26	Year 3	Miss Bowmaker
27.03.26	Year 4	Mrs Ling & Mrs Pescod
24.04.26	Year 5	Miss Burke
Wednesday 02.04.26 (Easter Mass at 10.00 a.m.)	Year 6	Mrs Stronach-Maw

All Class Liturgies are held on Friday mornings at 9.15 a.m. and parents of pupils in each year group are welcome to attend when it is their child's Liturgy Day.

Year 6 will lead the Easter Mass which is on a Thursday at 10.00a.m.

We look forward to seeing you then.



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After School Clubs

Monday	Gymnastics - Rec, Y1 & Y2 Homework Club (Maths) - Y6 ONLY	3:20-4:15pm
Tuesday	Football Club - Y4,5 & 6 Art and Crafts - Y2 & 3 Drama - Y2,3,4,5 & 6	3:20-4:15pm
Wednesday	NO clubs	
Thursday	Art and Crafts - Rec & Y1 Homework Club ~(English) - Y6 ONLY	3:20-4:15pm

Please give permission for your child to attend after school clubs. Payment MUST be made on ParentPay and it is £20 for the full term up until Easter.



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School Lunches

School Lunch menu up until Easter

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
Coleslaw
DESSERT: Choice of:
Mrs Parkin's Ginger Biscuit
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:
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

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:
Tofee Apple Crumble
and 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

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

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

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 Vleker's Orange Drizzle
Cake & Custard
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:
Fragjack and Custard
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

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 Boiled Potatoes
Broccoli & Roasted Winter Veg
DESSERT: Choice of:
Chocolate Crispy Crunch
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

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:
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:
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

CHADWICK'S KITCHEN MENU

AUTUMN/WINTER 2025/2026

Healthy option on the day (Heart icon)

Least food miles travelled (Truck icon)

Please note we are a NUT FREE school



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Chadwick Celebration Awards 2026

ONLY ONE WEEK LEFT TO NOMINATE!!

Nominate staff from English Martyrs' for the inspirational staff award.
Please see below poster for more information on how to do this!

Chadwick Celebration Awards 2026

Pupil Nomination Information

Nominate staff from your school for our Inspirational Staff Award

One of Bishop Chadwick Catholic Education Trusts values is **Celebration** and we want to celebrate all our staff across the Trust who go that extra mile. There are fourteen categories in our awards and only pupils can nominate in the **Inspirational Staff Award** category.

We would like you to think about all the staff at your school the Headteacher and teachers, the teaching assistants, the office staff, the kitchen staff, caretaking team etc. If there is someone that you think has done a really good job then you can nominate them for this award.

For younger pupils you may need to ask an adult for some help to make your nomination. Nominations need to be a minimum of 50 words and a maximum of 200 words, you can use the link below to access the nomination form.
Nominations will close on Friday 20 March 2026.

This award is to celebrate someone who is positive and full of enthusiasm, who has gone above and beyond to support pupils.

Your nomination should include what the person's role or roles are in your school. It should give some examples of what they have done, how that impacted on pupils, and why they deserve to receive this award. This could be by providing additional support, a consistent friendly face, leading on new opportunities or championing student causes in school.

Previous Winners

2025 Inspirational Staff Award Winner
Mr Johnson, Librarian
St. Joseph's Catholic Academy, Hebburn

2024 Inspirational Staff Award winner
Mrs Peart, Headteacher
St. John Bosco Catholic Primary, Sunderland

Link to nominate: bccet.org.uk/pupil2026

Link to category guide: bccet.org.uk/work-for-us/chadwick-celebration-awards

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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.	All First Holy Communion Children & Parents
Thursday 13.11.25	Session 2 - Baptism <i>English Martyrs' School</i>	3.20 -4.15pm	All First Holy Communion Children & Catechists
Saturday 15.11.25	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	All First Holy Communion Children & Parents
Thursday 27.11.25	Session 3 – Gifts We Offer <i>English Martyrs' School</i>	3.20-4.15pm	All First Holy Communion Children & Catechists
Saturday 29.11.25	St. Hilda's Church	5.45 p.m.	All First Holy Communion Children & Parents
Thursday 15.01.26	Session 4 - Listening <i>English Martyrs' School</i>	3.20-4.15pm	All First Holy Communion Children & Catechists
Saturday 17.01.26	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	Children and Parents
Thursday 05.03.26	Session 5 - Reconciliation <i>English Martyrs' School</i>	3.20-4.15pm	All First Holy Communion Children & Catechists
Saturday 07.03.26	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	Children and Parents
Thursday 12.03.26	Sacrament of Reconciliation <i>English Martyrs' School Chapel</i>	3.15-4.15pm	All First Holy Communion Children, Parents & Catechists
Thursday 07.05.26	Session 6 – Give Thanks <i>English Martyrs' School</i>	3.20-4.15pm	All First Holy Communion Children & Catechists
Saturday 09.05.26	Liturgy during Mass <i>St. Hilda's Church</i>	5.45 p.m.	Children and Parents
Thursday 04.06.26	Session 7 – Take and Eat <i>English Martyrs' School</i>	3.20-4.15 pm	All First Holy Communion Children & Catechists
Saturday 06.06.26	Session 8 – First Holy Communion Celebration <i>St Hilda's Church</i>	09.30 am	Children and Parents
Friday 12.06.26	Session 9 – Sending Out - Party <i>English Martyrs' School</i>	13.00-15.00pm	All First Holy Communion Children & Catechists

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



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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!

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.



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Safeguarding

**SAFEGUARDING IS EVERYONE'S
RESPONSIBILITY!**

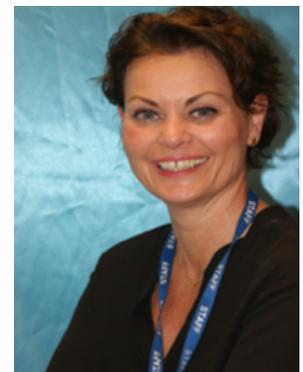
If incidents involving children from our school are taking place in the local community, please report your concerns to Together for Children.

- 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



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