

Sacred Heart Newsletter



19th October 2026

Monday 19th

**School Photographs – Sibling & catch up
Reception Blessing of the Ties – 9.15 School
Hall**

Running club Year 5 & 6
(Registered runners only 3.15– 4.15pm)
Year 1: PSD Multi-Sports (3.15–4.15pm)
Year 3– 6: PSD Basketball (3.15–4.15pm)
Coding Club Year 1,2,3,4,5 & 6 (3.20–4.15pm)
Musical Theatre Club - KS2 (3.15– 4.15pm)

Tuesday 20th

Year 2,3 & 4 French Club (3.15–4.15pm)
Year 2 & 3: PSD Football (3.15–4.15pm)
Year 4, 5 & 6 PSD Netball (3.15–4.15pm)
Irish Dancing: Year 1–Year 6 (3.15–4.10pm)

Wednesday 21st

Year 6 - PGL

3BY – Collective Worship

Year 4: PSD Football (3.15–4.15pm)
Year 3,4, 5 & 6 Art Club (3.15– 4.15pm)
Year 1 – 4 : Ballet (3.15–4.15pm)

Thursday 22nd

Year 1 & 2: PSD Football (3.15–4.15pm)
Dance Club – Miss S (3.15–4.15pm)
Spanish Club: Year 1– Year 4 (3.15– 4.15pm)
Irish Music Lessons: Year 2 (2.45–3.15pm)
Year 3 + (3.15 –4pm) Advanced (4–4.45pm)

Friday 23rd

Year 3,4,5 & 6 Tennis (8.00–8.45am)
Year 1 & 2 Tennis (3.15–4.15pm)
Year 2,3 & 4: PSD Multi-Sports (3.15–4.15pm)
Year 5 & 6: PSD Football (3.15–4.15pm)
Year 1–Year 6 Street Dance (3.15– 4.15pm)
**NB. ONLY FRUIT SNACKS ARE PERMITTED FOR
ALL CLUBS (NO GRAPES)**

SAFEGUARDING

***If your child is unable to attend a **SH** or
PSD
club, please e-mail clubs@shpsruislip.org ***
Lunch Menu – Week 1

This week at Sacred Heart...

We have had another lovely week in school, with opportunities to reflect on our faith, celebrate our learning and continue to live out our school values.

Our week begun with a whole-school collective worship reflecting on the Gospel story of the Wedding Feast. We explored the message that everyone is invited into God's Kingdom and considered how this links to our *One World October* theme. We reflected on the importance of welcoming everyone, showing kindness and ensuring that all feel included and valued in our school community.

Our children have been exploring our *One World* theme by learning about the different continents of the world. Through research, discussion and oracy activities, the children have been developing their knowledge, sharing ideas and building confidence in expressing their thoughts. They have also been using their creativity through art, celebrating the diversity, cultures and beauty of our wonderful world and reminding us that, although we are all different, we are part of one global family.

A big thank you to **Class 6B, led by Mrs Bradley, and Class 3FY, led by Miss Fahey**, for their wonderful collective worships focusing on the importance of the Rosary and the lives of St Theresa and St Francis. The children helped us reflect on the power of prayer and the importance of living our faith through love, kindness and care for others.

We had our school photographs today, and the children looked absolutely wonderful in their school uniforms. Thank you for ensuring that they arrived looking so smart and ready for their photographs.

Trading Cards

Next week will be the **last week that children may bring Pokémon cards, football cards or other trading cards into school**. After half-term, these cards must remain at home.

Wishing you all a lovely weekend,

Miss Morahan and Mrs Stockwell

Coffee Afternoon for Parents at Sacred Heart Primary School: Understanding Anxiety and Supporting Children's Mental Health

Friday 20th November 2026 at 2.30pm in the school hall

We warmly invite you to join our Mental Health Support Team (MHST) Coffee Afternoon, where we will introduce our team and explore ways to **support children's emotional wellbeing**.

During the session, we will discuss what mental health means, the connection between physical and mental health, common myths and stigmas surrounding mental health, and **how parents, schools, and the MHST can work together to support children and young people**. We will also focus on understanding anxiety and share some practical strategies that families can use to help children build confidence, resilience, and healthy coping skills.

This will be an informal and welcoming opportunity to learn more, ask questions, and meet other parents and carers over a cup of tea or coffee. We look forward to seeing you there!

Agenda

- Meet the MHST Team
- What Mental Health Means
- Physical Health vs Mental Health
- Myths and Stigmas
- Understanding Anxiety
- How We Can Work Together
- Questions and Discussion

Flu Vaccinations

Flu Vaccinations will take place on Friday 6th November and Friday 4th December. More information to follow.

BBC 500 WORDS COMPETITION

Please see the link below to the BBC 500 word story competition. If your child completes a story please also share with us in school!

<https://www.bbc.co.uk/teach/500-words/articles/zj9b8p3>

One World October Map



Parental Consultation Meetings

Will take place in School on;

- Tuesday 10th November - 3.30 - 6.00pm
- Thursday 12th November - 1.45 - 4.45pm

Please note school will close at the earlier time of 1.30pm on Thursday 12th November.

The Weduc Booking System will be available from **Saturday 31st October at 9.00am** to book appointments. Instructions will be sent nearer the time.

Safeguarding at Sacred Heart Catholic Primary School

Safeguarding is everyone's responsibility at Sacred Heart.

The wellbeing of our children is of paramount importance to all staff. Should any person (parent or staff) have a concern regarding a child's wellbeing, please inform one of the school's designated safeguarding team. In cases where school staff have concerns, they have a duty to discuss the issue with Social Services to seek further advice. This is the statutory obligation of all schools.

Our Safeguarding team are:

Mr D Wright (Designated Safeguarding Lead)

Miss Morahan & Mrs Stockwell (Deputy Designated Safeguarding Leads)

Mrs C Wloch (Designated Safeguarding Governor)

SPORTS NEWS

Running club

Congratulations to our Runner of the Week –
great resilience and sprint finish!

Tilly – 6H

[home](#) | [parkrun UK](#)

Please note Running Club will now stop over the Winter and
will return after February half term.

For all you adults out there – please see below for
Couch to 5K coaching – go on, give it a go!!





500 WORDS



A fun, creative story writing competition.

Opens for entries

Tuesday 29 September – Friday 6 November 2026

No need to worry about spelling,
punctuation or grammar!

Prizes for
the bronze, silver
and gold winners!!



Write a
STORY
you would
love to read

Ages
5 – 11



Find out more and enter at
bbc.co.uk/500words

BBC
BITESIZE
FOR TEACHERS

CARTOON CODING



Afterschool Club_

Discover the most creative way to learn programming with Scratch Junior! In this workshop, learners will draw and customise their own cartoon characters, then design vibrant backgrounds filled with bikes, flowers, or anything else they can imagine. From there, you'll program your characters to soar through landscapes, script interactive conversations and even dribble a basketball to score a hoop!

With endless possibilities for creativity and fun, the most imaginative team will win an exciting prize. Don't miss out, sign up for Cartoon Coding today!

Don't just watch cartoons. Code them, design them and make them come alive!



DATES

Year 1 - Year 3
02/11, 09/11, 16/11,
23/11, 30/11, 07/12,
14/12

TIME

EVERY MONDAY
3:20 pm - 4:15 pm

PRICE

7 WEEKS OF FUN FOR
JUST
£68.25!

BOOK HERE: <https://portal.jamcoding.franscape.io/class-overview/6753>



Click the link above to view course details OR visit our website and head to the booking tab. Enter your postcode in the locations field and click search to view courses. Then select the school or venue you require. N.B. You can only attend courses held at the school that your child attends. You can also search by the school postcode.

CONTACT US ON

Email - london.nw@jamcoding.co.uk

Phone - 01895590224



WIN A FREE PLACE!

Follow us on social
media for the chance
to win a free place.



www.jamcoding.co.uk



COMPUTING WORKSHOPS

SACRED HEART CATHOLIC SCHOOL Y4-Y6

RETRO GAMING Afterschool Club

At Jam Coding, our goal is to help improve children's digital skills. In this workshop, children will learn to design and code classic **retro games** such as Pong!, Asteroids, Space Shooter and Doodle Jump. Then it's competition time! Can they beat their friends at their own game? Working in teams, they will create maps, characters and game code. An awesome workshop which teaches creativity and coding skills whilst having fun. At the end of the course, all children will receive a certificate and one team will receive a trophy!



DATES :

02/11, 09/11, 16/11, 23/11, 30/12, 07/12, 14/12

TIME :

MONDAYS 15.20-16.15

PRICE :

7 WEEKS OF FUN FOR JUST £68.25!

BOOK HERE <https://portal.jamcoding.franscape.io/class-overview/6752>

Click the link above to view course details OR visit our website and head to the booking tab. Enter your postcode in the locations field and click search to view courses. Then select the school or venue you require. N.B. You can only attend courses held at the school that your child attends. You can also search by the school postcode.

For more information, contact your Area Manager on:

Telephone: 01895 590224 Email: london.nw@jamcoding.co.uk

“ Play is the brain's favourite way of learning!

Steve Jobs

WIN A FREE PLACE!

Follow us on social media for the chance to win a free place.



www.jamcoding.co.uk



Fun Fest Holiday Club are at Sacred Heart School for October Half Term 26th - 30th Oct 2026 and bookings are open now!

Book via our website and choose your favourite activities for half term fun!

<https://fun-fest.co.uk/ruiview/>

We're open 8am-6pm to children aged 3-12 yrs. You can book from a half a day to a full week. Please see the website for full information, or call us on 0208-432-3223 during office hours.

Scan the QR code to join our WhatsApp channel for updates, information & photos (this now replaces Instagram & Facebook for communication to parents)



FREE TRIAL!



**IN PARTNERSHIP WITH
ICKENHAM YOUTH FC &
WEALDSTONE YOUTH FC**



STARTS 06/11/26!

INDOOR FOOTBALL BALLER LEAGUE STYLE

BOOK ONLINE



SCAN ME

**OUR INDOOR FOOTBALL SESSIONS ARE
FAST-PACED, HIGH-INTENSITY AND BUILT
FOR BALLERS. INSPIRED BY THE
EXCITEMENT AND FREEDOM OF THE BALLER
LEAGUE.**

**THE FOCUS IS MATCHPLAY TO
MAXIMISE TOUCHES,
CREATIVITY AND
CONFIDENCE ON THE BALL.**

**FEATURING A WEEKLY
"PRESSURE POINT"
PENALTY SHOOTOUT**

DATES:

06/11

13/11

20/11

27/11

04/12

11/12

ACS HILLINGDON SPORTS HALL

108 VINE LANE, HILLINGDON, UXBRIDGE, UB10 0BE

FRIDAYS

RECEPTION • 5:15PM - 6:15PM

YEARS 1 & 2 • 5:15PM - 6:30PM

YEARS 3 & 4 • 6:30PM - 7:45PM

NEW!

PRICES

**£10.50 • RECEPTION
(CAPPED AT 12 SPACES)**

**£12.50 • YRS 1 & 2 • 3 & 4
(CAPPED AT 18 SPACES)**

**FOR ALL ENQUIRIES CONTACT
SOCCER.SCHOOL@WEALDSTONEYOUTHFC.CO.UK**

**FREE
TRIAL!**



**IN PARTNERSHIP WITH
ICKENHAM YOUTH FC &
WEALDSTONE YOUTH FC**



STARTS 03/11/26!

INDOOR FOOTBALL BALLER LEAGUE STYLE

BOOK ONLINE



SCAN ME

**OUR INDOOR FOOTBALL SESSIONS ARE
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EXCITEMENT AND FREEDOM OF THE BALLER
LEAGUE.**

**THE FOCUS IS 5V5 MATCHPLAY TO
MAXIMISE TOUCHES,
CREATIVITY AND
CONFIDENCE ON THE BALL.**

**FEATURING A WEEKLY
"PRESSURE POINT"
PENALTY SHOOTOUT**

DATES:

03/11

10/11

17/11

24/11

01/12

08/12

ALS HILLINGDON SPORTS HALL

108 VINE LANE, HILLINGDON, UXBRIDGE, UB10 0BE

TUESDAYS

YEARS 5 & 6 • 6:30PM - 7:45PM

PRICES

£12.50 PER SESSION
(CAPPED AT 18 SPACES)

**FOR ALL ENQUIRIES CONTACT
SOCCER.SCHOOL@WEALDSTONEYOUTHFC.CO.UK**



SEND MULTI SPORTS SESSIONS

[CLICK TO BOOK](#)

Term DATES

MONDAY

28th Sept -
30th Nov

(no sessions on
26th October)

WEDNESDAY

30th Sept -
2nd Dec

(no session on
28th October)

FREE Multi Sports
sessions for
children with
Special
Educational
Needs and
Disabilities.



Weekly
SCHEDULE

M

Botwell Leisure
Centre
5pm - 6pm

T

W

Hillingdon Leisure
Centre
5.30pm- 6.30pm

T

F