

# School Newsletter

## W/C 15th December

### Monday 15th

Year 1: PSD Multi-Sports (3.15—4.15)  
Year 3: PSD Football (3.15—4.15)  
Coding Club: Year 1—Year 6 (3.20—4.15pm)

### Tuesday 16th

Year 2: PSD Football (3.15pm-4.15pm)  
Year 4, 5 & 6: PSD Girls' Football (3.15pm– 4.15pm)  
Year 5 & 6 PSD Netball (3.15-4.15pm)  
Irish Dancing: Rec—Year 6(3.15pm—4.10pm)

### Wednesday 17th

#### Christmas Lunch—Children to wear Christmas jumper & bring a cracker (we will have spares)

Year 3,4,5 & 6: Tennis (8.00-8.45am)  
Year 2: PSD Multi-Sports (3.15-4.15pm)  
Year 4: PSD Football (3.15pm-4.15pm)

#### **Carols by Candlelight 6:30pm**

*This is for parents of children in Year 4/5/6 choir and Year 6 musicians only.*

*The Advent Art trail will be available to view from 6:15pm. Please enter via the front entrance.*

### Thursday 18th

#### The Advent Art Trail—(3.30—4pm)

Year 1: PSD Football (3.15pm-4.15pm)  
Year 5 & 6: PSD Multi- sports(3.15-4.15pm)  
Zumba (3.15-4.15pm)  
Spanish Club: Year 1—Year 4 (3.15– 4.15)

### Friday 19th

No PSD clubs

**\*\*\*Last Day of School—**

**1.30pm Collection \*\*\***

**AM Nursery: 11.20 - 11.30am**

**Full Time Nursery: 1.30pm**

#### **SAFEGUARDING**

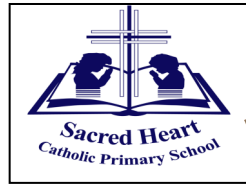
**\*\*\*If your child is unable to attend a SH or PSD club, please e-mail [clubs@shpsruislip.org](mailto:clubs@shpsruislip.org) \*\*\***



**SACRED HEART CATHOLIC PRIMARY SCHOOL**

**T: 01895 633 240**

**E-Mail: [office@shpsruislip.org](mailto:office@shpsruislip.org)**



**Autumn  
MENU  
Week 1**

## **At Sacred Heart this week ....**

This has been another busy week of Advent celebrations.

On Monday we held our annual Grandparents' Tea Party. What a joyous occasion, with over 90 visitors who enjoyed tea and carols. It was lovely that children and grandparents could spend this time together.

Another tradition of the school is the annual Year 6 Victorian Tea Party. The pupils baked scones and other sweet treats to share with their parents, whilst dressed in Victorian attire. They ended the afternoon with some carols. A good time was had by all!

Year 5 attended mass at Most Sacred Heart church on Tuesday morning. It was a privilege for our pupils to be able to share in this sacrament with the parish community and we thank Frs. James and Vic for their warm welcome and kind words.

Year 2 led their class nativities this week. The way they sang, acted and retold the story of Jesus' birth was beautiful and we were so proud of them all.

A big thank you to all the staff who have worked tirelessly to prepare these events that have helped us all to remember the message of this Advent season.

Well done and congratulations to our swimming team (Yr 5—Antonia, Anna, Nancy, Sophie, Max, Harry, Lucas, Stefan and Peadar. Yr 6—Vesper, Fleur, Eliora, Phoebe, Amelie, Alexander, Sam, Nick and Owen) who competed in the swimming gala on Thursday. The staff who accompanied them were full of praise for their attitude, excellent behaviour and swimming skills. (See results on next page). Thank you to Mr Newman, Mr Hawkins and Mrs Hill who went along to coach and support the team.

Our families are invited to attend the parish Advent service this Sunday 14th December at 4pm. Pupils in KS2 classes (Years 3, 4, 5 and 6), who are able to attend, can join in presenting two of the carols that we have been learning in school. We ask that an adult attends with each child so they can sit with them and return to them in the congregation once we have performed our carols. Children do not have to wear uniform. They can wear their own clothes with some Christmas attire if they wish.

If you can attend we look forward to seeing you there.

We look forward to seeing many of you, at the end of the school day, on Thursday 18<sup>th</sup> December, when we will hold our Advent Art Trail. Please enter via the front entrance of the school. This is an opportunity to see some art work that children have produced during Advent. The trail will be a simple walk through of our lower corridor and should only take 5 or 10 minutes.

Wishing you a lovely weekend,  
Miss Morahan and Mrs Stockwell.



## **Swimming Results:**

Girls' Overall: 2<sup>nd</sup> (2 points from 1st)

Boys' Overall 4<sup>th</sup> (2 points from 3rd)

### Gold Medals:

Antonia- Breast Stroke Individual

Fleur- Breast Stroke Individual

Vesper- Front (A) Individual

Girls' Medley Relay (YR 5)

Girls' Freestyle Relay (YR 5)

### Silver Medals:

Nancy- Front (B)

### Bronze Medals:

Anna- Front (A)

Girls' Freestyle Relay (YR 6)

Boys' Freestyle Relay (YR 6)

## **NOTICES:**

### **Possible disruption**

Monday 15<sup>th</sup> December/ Tuesday 16<sup>th</sup> December - as part of the groundworks to prepare for our new MUGA, two large Poplar trees are being removed. Two days have been allocated for this work (but may be completed Monday). This may cause some extra traffic near the back gate on Herlwyn Avenue; please allow for this on your journeys to and from school.

### **Safeguarding at Sacred Heart Catholic Primary School**

Safeguarding and Child Protection is of the utmost importance for all of our school community. Through the year, we will share updates, advice and resources with families.

All of our staff have now received updated safeguarding training, including updates from Keeping Children Safe in Education (KCSiE 2025). Safeguarding is an ever-evolving issue and, as such, our safeguarding policy is updated on an annual basis.

Safeguarding is **everyone's responsibility** at Sacred Heart.

Our Safeguarding team are:

Mr D Wright (Designated Safeguarding Lead)

Miss Morahan & Mrs Stockwell (Deputy Designated Safeguarding Leads)

### **Safeguarding**

Children and young people today often see their online and offline lives as one and the same.

As technology evolves quickly, it can be hard to keep up – but regular, open conversations make a big difference.

Over Christmas, many children are likely to receive gifts of new technology.

The NSPCC provides some useful guides on how to support your children in the online world.

[Talking to your child about online safety | NSPCC](#)

Lego also has some fun family activities to try with your child whilst also discussing online safety. Grab your Lego blocks and have a look at this site:

[Internet Safety for Kids | Official LEGO® Shop GB](#)

### **Online Workshop at CAAS. for parents in North West London**

CAAS are offering a workshop as outlined below.

Please follow the link attached should you wish to find out more information or register for this event.

[https://www.eventbrite.co.uk/e/sensory-differences-and-a-look-into-interoception-tickets-1976571053228?aff=oddtcreator&mc\\_eid=ce658d0734&mc\\_cid=49f2508f83](https://www.eventbrite.co.uk/e/sensory-differences-and-a-look-into-interoception-tickets-1976571053228?aff=oddtcreator&mc_eid=ce658d0734&mc_cid=49f2508f83)

**PREVIOUS NOTICES:**

**Sacred Heart Admissions Consultation**

Please see the school's website for information regarding proposed changes to the Admissions Policy for 2027/28.

[Admissions | Sacred Heart Catholic Primary School](#)

**Christmas Lunch**

Please see attached the menu for the Christmas lunch on Wednesday 17th December. Children may wear their own clothes/ Christmas attire and may bring a cracker (we will have spare crackers, if needed).

# Let's stir up some Festive Fun!

Roasted English Turkey Breast & Pig in  
Blanket

*or*

Creamy Parsnip & Squash Bake

*Both served with*

Roasties, Carrots, Peas & Gravy

*or*

Penne Pasta with  
Tomato Sauce

—

Reindeer Biscuits

*or*

Fresh fruit



# Spring 2026

# Extracurricular Clubs



## Sacred Heart Primary School

**MONDAY 12<sup>th</sup> Jan – 23<sup>rd</sup> Mar**

Year 1 & 2 MULTI-SPORTS

Year 3 FOOTBALL

**£55 (10 sessions)**

**TUESDAY 6<sup>th</sup> Jan – 24<sup>th</sup> Mar**

Years 1, 2 & 3 GIRLS FOOTBALL

Years 5 & 6 NETBALL

Years 4 – 6 GIRLS FOOTBALL

**£60.50 (11 sessions)**

**WEDNESDAY 7<sup>th</sup> Jan – 24<sup>th</sup> Mar**

Years 1 & 2 BASKETBALL

Year 4 FOOTBALL

**£60.50 (11 sessions)**

**THURSDAY 8<sup>th</sup> Jan – 25<sup>th</sup> Mar**

Years 1&2 FOOTBALL

Years 3&4 NETBALL

**£60.50 (11 sessions)**

**FRIDAY 9<sup>th</sup> Jan – 20<sup>th</sup> Mar**

Years 3&4 MULTI-SPORTS

Years 5&6 FOOTBALL

**£55 (10 sessions)**



**3:15pm – 4:15pm**

SCAN  
ME



No sessions 16<sup>th</sup> – 20<sup>th</sup> February (half term)

## BOOK ONLINE

[www.thepsdgroup.org.uk/psd-clubs](http://www.thepsdgroup.org.uk/psd-clubs)



RAISING THE STANDARDS IN  
PHYSICAL EDUCATION AND SPORT



[info@thepsdgroup.org.uk](mailto:info@thepsdgroup.org.uk)



0203 397 7409

**Lets Go**  
**TENNIS**



# Spring Term 2026



**at Sacred Heart**

## **Our lessons and coaches:**

All sessions are run by LTA qualified coaches who are DBS checked and first aid trained. All lessons will involve technical and tactical work on all major shots as well as match play where possible.

In case of bad weather either an indoor classroom lesson will be held or a lesson in the hall if possible

We will provide all necessary equipment. A termly assessment will take place and will be viewable via our booking portal. Please see our website for our up-to-date risk assessment and safeguarding policies.

**Fri - AM Year 3-6 (change of day)**

**Fri - PM Year 1&2**

**£6.50 per session**

**How to apply for a place on our sessions:**

1. Go to:

[www.clubspark.lta.org.uk/letsgotennis/coaching](http://www.clubspark.lta.org.uk/letsgotennis/coaching) and click on the long link in the middle of the page. if using a phone, this will download the app. Use the code 3YHEKYFS to access Lets Go Tennis)Either log in to your account if you have booked with us before, or register for a new account if this is your first time.

2. If you need to add a second child to your booking please contact directly

3. Add chosen class to basket and check out

4. Once the payment has been made you will receive a confirmation email and shortly after you will be contacted to sign up to the portal where you will be able to view term dates and skill sets

Once done, you will be able to access the portal both on computer and via app to view class dates, weekly assessment results and invoices.

**Enquiries to: [lisaletsgotennis@gmail.com](mailto:lisaletsgotennis@gmail.com)  
or call 0203 291 2984**

**[www.clubspark.lta.org.uk/letsgotennis](http://www.clubspark.lta.org.uk/letsgotennis)**

# Supporting Neurodivergent Children During the Festive Season

The festive period can be a magical time filled with joy and excitement. However, for children and young people with additional needs—and their families—it can also bring challenges such as sensory overload, changes in routine, and heightened anxiety. With thoughtful planning and a few simple adjustments, the season can be more enjoyable and inclusive for everyone.

## Communicate Plans Clearly and Accessibly

Many neurodivergent children struggle with unpredictability and changes in routine. Disruptions like altered sleep, unfamiliar foods, and new social settings can increase anxiety. To ease this, share plans in a way that suits your child—using visual timetables, photo schedules, or a festive diary. Knowing what to expect helps reduce stress.

## Consider Sensory Needs

Christmas can be overwhelming for children with sensory sensitivities due to bright lights, loud sounds, strong smells, and uncomfortable clothing. Allow flexibility and offer alternatives like soft lighting, comfy clothes, or quieter celebrations. Letting children opt out can help prevent distress.

## Build in Rest and Provide a Safe Space

Family visits and events can be tiring for neurodivergent children. Plan regular downtime and provide a quiet, safe space to retreat. This helps prevent sensory overload and emotional burnout.

## Celebrate Their Unique Strengths and Interests

Every child brings something special to the festive season—whether it's enjoying lights, baking treats, or building decorations. Including their interests in celebrations boosts enjoyment and adds a creative twist for the whole family.

**Further tips and advice can be found here:**

**[How to help ease overstimulation during the Winter holidays - BBC Tiny](#)**

**[Happy People](#)**

**[Preparing for the Festive Season | Scottish Autism](#)**

**[An Autistic Friendly Christmas - Autistic Girls Network](#)**

# HOLIDAY BASKETBALL CAMP

FULL COURT CONNECTIONS

FREE lunch!



Open to children on Free School Meals

**Friday 27 - Monday 30 December**

**9am-1pm (Ages 7-11) 1pm-5pm (Ages 12-16)**

**Douay Martyrs Secondary School  
Edinburgh Drive, Ickenham UB10 8QY**

For info or to book please call Lorien on 07703 056303  
or email [admin@fullcourtconnections.co.uk](mailto:admin@fullcourtconnections.co.uk)

**LAUNCH**

**LAUNCHING  
1ST EDITION  
OF PCF'S  
NEWSLETTER**

**20th September, 2025**





Dear Parents and Carers,



Welcome to the first edition of Hillingdon's Parent Carer Forum newsletter. This is a space to share updates, resources, and experiences that support families of children and young people with special needs.

Our aim is to keep you connected, informed, and reassured that you are not alone on this journey. Thank you for joining us as we begin this new chapter together.

Warm regards,  
Nicola Barton  
Chair, Hillingdon's Parent Carer Forum



# Parent Carer's Forum

Official voice and a bridge between parent carers and local authority. We support families of children and young people with special educational needs and disabilities 0 to 25.



**SEND  
FAMILY  
DROP-INS**

## WHEN

**First Tuesday** of every month during **Term time** from **1 pm to 2pm**.

**7<sup>th</sup> October | 4<sup>th</sup> November | 2<sup>nd</sup> December**

## WHERE

See you at **South Ruislip Children's Centre**.



## FEEDBACK

We are here to **hear**, and **take your voice** forward to **local authority**. Tell us, and **lets together** make a difference.

## TIPS & IDEAS

To volunteer and get involved – write to us on **HillingdonPCF@Gmail.com**



# SENDIASS

We offer information and advice to parent/carers of children and young people with SEND, around their education. Visit website today to know more.

<https://www.hillingdonsendiass.co.uk>



Hillingdon  
**sendiass**  
Special Educational Needs Disability Information, Advice and Support Service

## DROP-INS

Date	Time	Location
Monday, 22 September	9:30 am to 11:30 am	Harefield Children's Centre
Friday, 26 <sup>th</sup> September	9:30 am to 11:30 am	Oak Farm Children's Centre
Tuesday, 30 <sup>th</sup> September	9:30 am to 11:30 am	Colham Manor Children's Centre.
Tuesday, 7 <sup>th</sup> October	1:00 pm to 3:00 pm	Uxbridge Family Hub
Wednesday, 15 <sup>th</sup> October	9:15 am to 10:45 am	Cherry Lane Children's Centre
Friday, 17 <sup>th</sup> October	1:00 pm to 2:30 pm	Yiewsley Children's Centre
Monday, 20 <sup>th</sup> October	9:30 am to 11:30 am	Pinkwell Children's Centre.
Tuesday, 28 <sup>th</sup> October	9:30 am to 11:30 am	Colham Manor Children's Centre

## TIPS & IDEAS

Guides and support parents, carers, and young people through the Education, Health and Care Plan (EHCP) process.



# Children's Integrated Therapy Service

A team of SaLT, OT, Physiotherapists, technicians and administrators, for children and young people aged 0 to 19.



## Mainstream Schools Speech and Language Therapy Training (2025-26)

Date	Time	Training Name
Wednesday 8th October 2025	2:00 pm to 3:00 pm	What is the Mainstream Schools SLT Service?
Thursday 6th November 2025	2:00 pm to 3:00 pm	Tools to support Neurodiverse Students with Social Communication Skills
Monday 1st December 2025	2:00 pm to 3:00 pm	Using visuals to support communication

**Zoom link:**

<https://us02web.zoom.us/j/83638053994?pwd=4akQXylOKefcxdEk2sDjJaymrCGkpX.1>



### Zoom Meeting Login Details

- Meeting ID: 836 3805 3994
- Passcode: 131832

More information and resources are available at the Children's Integrated Therapy Service website: [www.cnwl.nhs.uk/children-integrated-therapy-service](http://www.cnwl.nhs.uk/children-integrated-therapy-service).

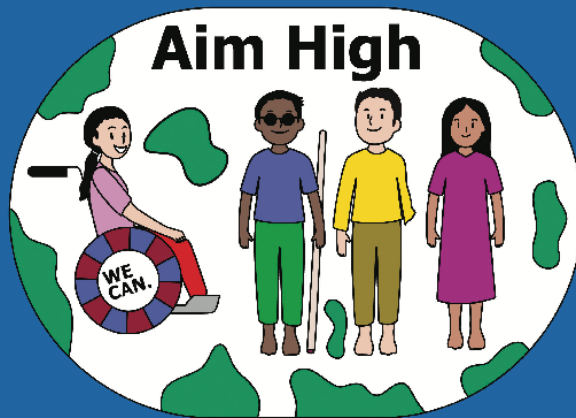


# WHAT's ON in Hillingdon!

Find out more activities and support for families of children with special educational needs and disabilities here...



HILLINGDON  
LONDON



**Aim High**

Join our new forum for children and young people with Special Educational Needs and Disabilities. Help shape SEND services in the borough.

Find out more and sign up at

[www.hillingdon.gov.uk/send-youth-forum](http://www.hillingdon.gov.uk/send-youth-forum)

Click on the link below to find details on trainings and recourses.

- Virtual and in-person training, workshops
- Topics include autism, vision/hearing impairment, early development, transitions, and more.
- Course descriptions, booking, and contact details

Link: [bit.ly/4nwxNyQ](http://bit.ly/4nwxNyQ)



**SEND and Inclusion  
Training for Parents/Carers**

Thank You!

