

# Sacred Heart Newsletter



27th April 2026

## Monday 27th

### 4B – Swimming

### Mini Marathon

Running club Year 4, 5 & 6

(Registered runners only 3.15– 4.15pm)

Year 1 & 2 PSD Multi-Sports (3.15–4.15pm)

Year 3: PSD Football (3.15–4.15pm)

Coding Club: Year 1–Year 6 (3.20–4.15pm)

Musical Theatre Club - KS2 ( 3.15– 4.15pm)

## Tuesday 28th

Year 3,4, 5 & 6 Art Club (3.15– 4.15pm)

Year 1, 2 & 3: PSD Girls' Football (3.15–4.15pm)

Year 5 & 6 PSD Netball (3.15–4.15pm)

Irish Dancing: Rec–Year 6 (3.15–4.10pm)

## Wednesday 29th

Reception: PSD Multi-Sports (3;15–4:15pm)

Year 4: PSD Football (3.15–4.15pm)

Rec– Year 3: Ballet (3.15–4.15pm)

## Thursday 30th

Year 1 & 2: PSD Football (3.15–4.15pm)

Year 3–6: PSD Cricket (3.15–4.15pm)

Zumba (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 1st

Year 3,4,5 & 6 Tennis (8.00–8.45am)

Year 1 & 2 Tennis (3.15–4.15pm)

Year 3 & 4: Multi-Sports (3.15–4.15)

Year 5 & 6: Football (3.15–4.15pm)

Rec–Year 6 Street Dance (3.15– 4.15pm)

**NB. ONLY FRUIT SNACKS ARE PERMITTED FOR ALL CLUBS (NO GRAPES)**

If your child is unable to attend a PSD or SH Club please email [clubs@shpsruislip.org](mailto:clubs@shpsruislip.org) for all other activities, please ensure you let the teacher know.

## This week at Sacred Heart...

*We began our week with a visit from the Hillingdon Mayor, Mr Phillip Corthorne. He took a tour around school and the School Council led a beautiful assembly about Community. During the assembly, Year 5 and 6 proudly presented the proceeds from their recent Easter fundraising to the Mayor's Chosen Charities. The £800 raised will be split between Hillingdon SEND family support and the Hillingdon Stroke Support Group. This is a wonderful achievement and reflects the generosity and community spirit of our pupils.*

*We would like to thank Mrs Williams and Miss Kavanagh, and all the parents who donated and bought cakes at our bake sale. The event was really well supported and cakes were enjoyed by all, helping to raise important funds for playground equipment.*

*In other exciting news, we have officially opened our newly refurbished sun shelter, providing a shaded area for pupils to enjoy on warmer days. At this event we officially thanked Rob Wardlaw and Arte Construction for their amazing contribution to our school. We would also like to thank Jak Allday, our Parent Governor, for organising this. Pupils also enjoyed a refreshing ice pop sale, which was a big hit!*

*Jak is now planning the inaugural Sacred Heart Golf Day (see additional information). We hope some of you will dust off the golf clubs to join us for this exciting new event.*

*To work off all the additional calories from this week, we look forward to our Mini Marathon on Monday! See further details in this newsletter. We wish good luck to anyone in our community who is running. Have a lovely weekend,*

**Miss Morahan and Mrs Stockwell**



# Mayor Visit



## Sun Shelter Opening

The sun shone on our opening event. It is great to have our shelter fully restored for the sunny days and the showery ones too!

Thank you to our Site Manager, Mr O'Connor for painting the sides of the shelter this week, adding the finishing touch to what has been a wonderful team effort.



## Mini Marathon

**When: Monday 27<sup>th</sup> April 2026**

To celebrate the London Marathon all children will be taking part in a Mini Marathon in school on this day. Children are able to come to school in Marathon-inspired sports wear and donate £2 per child to our School Development Fund.

Please click the link below to donate:

[mini marathon donation link](#)



# Important Notices

- Polling Day- School will not be closed for Polling Day this year. We are open as normal.

## *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 K Wloch (Designated Safeguarding Governor)*

**MONDAY 27<sup>TH</sup> APRIL 2026**



In celebration of the London Marathon on Sunday, the children will all be taking part in a fun mini marathon event, in school, on Monday, to raise funds for playground equipment.

(Please see link below to donate)

All children may come to school wearing their trainers and colourful running gear and must have a water bottle.

This will be a fun event with plenty of clapping, cheering and determination to finish the course!!

Happy running!!



[mini marathon donation link](#)

# THE SACRED HEART CUP



ENTRY:  
**£150**  
PER PERSON  
.....  
**£600**  
PER TEAM (4-BALL)



**MONDAY**  
**JULY 20<sup>TH</sup>**



**MOOR PARK**  
**GOLF COURSE**



**BREAKFAST**  
FROM  
**8:00AM**



**SHOTGUN START**  
(TEE OFF)  
**9:30AM**



**2-COURSE**  
**MEAL**  
**AFTER**

## INCLUDES:



**18 HOLES**  
**OF GOLF**



**BREAKFAST**  
**ON ARRIVAL**



**2-COURSE**  
**MEAL AFTER**



**RAFFLE &**  
**GREAT PRIZES**  
**TO BE WON!**



**HOLE**  
**SPONSORSHIP**  
**AVAILABLE**



**NEAREST PIN &**  
**LONGEST DRIVE**  
**COMPETITIONS**



**GREAT DAY OF GOLF,**  
**FOOD & NETWORKING!**



**BRING YOUR FRIENDS, CLIENTS, OR COLLEAGUES**  
**AND ENJOY A BRILLIANT DAY WHILE**  
**SUPPORTING THE SACRED HEART SCHOOL.**

**RESERVE YOUR**  
**SPOT TODAY!**

**CONTACT:**

[jak.allday@gmail.com](mailto:jak.allday@gmail.com)

07437 452 761





# Sacred Heart 2026

# SUMMER FAIR

GAMES

STALLS

TOMBOLA

SAVE THE DATE!

FOOD & DRINK

RAFFLE

AND MORE!

SATURDAY  
27<sup>TH</sup> JUNE

11:00AM - 3:00PM

Fun for the whole family!

Tickets on sale soon!



### *Celebrating Military Children*

Each April, we get to recognise the important role that military children play in the Armed Forces family. It is a fantastic opportunity to celebrate the strength and resilience of Service children. Service children can face challenges with parents serving in The Armed Forces. Yet these children are an amazing asset to families, schools and the local community. The Month of the Military child helps us remember this and celebrate their achievements and share their valuable experiences with others.

### *Celebrating The Month of The Military Child at Sacred Heart...*

We want to celebrate and learn more about the experiences of the military child. We will be discussing and celebrating this in class, creating fun displays around school and inviting children to take part in the 'Winds of Change' competition, details of this on the next page. If your child is a military child, you may encourage them to share their experiences with their class through show and tell or Q and A opportunities.

### *Dandelions*

Did you know dandelions are the official flower of the military child? Dandelions put down roots almost anywhere they grow, and it's almost impossible to destroy. It's a survivor in a broad range of climates. Military children bloom everywhere the wind carries them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands, and new friends.

### *Purple*

Did you know the official colour of the celebration of The Month of The Military Child is purple? Perhaps Dandelions or the colour purple will feature in your entry.



# WINDS OF CHANGE



## Poetry & Art Competition

This year's poetry and art competition led by the charity 'Never Such Innocence' requires children to respond to the theme 'Winds of Change'.

### Competition Task:

Create a poem or a piece of artwork that celebrates the military child, shares their experiences or emphasises their resilience and adaptability.

Please send all entries to your class teacher or Miss Fahey in 6F by

Wednesday 13<sup>th</sup> May 2026.

### CAN I ENTER IN BOTH POETRY AND ART?

Yes! We would love to see an entry in both categories.

### WHAT IF MY PARENT USED TO SERVE, CAN I ENTER?

Yes! The competition is open to currently serving, veteran or bereaved military connected children.

### WHAT IF I DON'T HAVE A PARENT IN THE MILITARY, CAN I ENTER?

Yes! You might like to consider a change you've experienced with a friend who has a parent in the military.

### WHEN ARE THE WINNERS ANNOUNCED?

Winners will be announced at the end of May.

### ANY ADVICE FOR MY ENTRY?

As it is Month of the Military Child, we want you to consider the theme, Winds of Change, through the lens of your personal experience as a military child or considering your friends who are military children.

## Competition FAQs

### Examples of entries from the 2025 theme 'Memories'...



#### Adventure Awaits

by Erin S. (8-11)

When Dad flies over in his helicopter  
We all rush in to say hello  
When he flies off I wait for him to come back.  
Now I realise that I am moving.  
It is sad to move  
but I just have to wait  
for my adventure to arrive.  
Not knowing where you are going to next  
is not the best  
but at least there is an Adventure to await.



Booking is essential

For residents of North-West London

# Sibling Group

In Eastcote



For neurotypical siblings of ADHD/autistic children aged 8-12

Designed to support neurotypical siblings of ADHD/autistic children or young people, Siblings Group will give siblings an opportunity to gain understanding of the conditions so that they can better understand their sibling, fostering better relationships. The group will involve a mix of talking and activities.

**When:** Starting Thurs 11<sup>th</sup> June for six weeks  
4:30 - 6:00 pm

**Where:** CAAS Centre, Television House,  
Field End Road, Eastcote, HA4 9XA

Email [niloofur@adhdandautism.org](mailto:niloofur@adhdandautism.org) to register

[www.adhdandautism.org](http://www.adhdandautism.org) | Charity Registration No. 1193799

    @ADHDandAutism



# HILLINGDON PCF SPRING 2026

## UPDATE

Information for families with children and young people (0-25) with SEND in Hillingdon



### Hillingdon Parent Carer Forum Update

We've been looking at ways to reach more families. This includes ongoing work towards revamping our website, planning a variety of events and starting up two SEND drop-ins in partnership with Hillingdon Children Centres and Family Hubs. These drop-ins are for families with a child or young person with special educational needs or disability and are a great opportunity to give feedback on local services, ask for advice or just have a chat. No booking necessary, just turn up!

Also planning for our Family Engagement Event is progressing wonderfully and we can confirm that will be joined again by the Liza Pizza and the Animals from Animals UK to name just a few highlights!!

#### Contact us:

If you have any questions or would like to get involved please do get in touch.



[www.hillingdonpcf.com](http://www.hillingdonpcf.com)



[Hillingdonpcf@gmail.com](mailto:Hillingdonpcf@gmail.com)

### Event Planning Survey

We are working towards planning some in-person information events across the borough. This will give us the opportunity to meet with families and invite guests from services to discuss how they work, run workshops and gather feedback.

Your feedback will help us design these sessions to best meet the needs of our families. If you could take a moment to fill in this short survey we would be very grateful.

<https://forms.gle/Dc3qoQ2E>  
[WzzmXbwN7](https://forms.gle/WzzmXbwN7)



### Hillingdon PCF Family Engagement Event



**Pride Academy**  
**11th July**  
**11-3**

### Request for photos

As part of the the process of revamping our website we would love for the images to be inclusive of the families we represent.

If you have any pictures of your child or young person at our events or around the borough that you would like to be considered for inclusion please send them to us via email.



### Request from CDC/MDTA team at Hillingdon Hospital

The MDTA team looking for families they have worked with to help review their service. If you would like to help please contact us and we can pass on your details.

## SEND family drop-ins

**South Ruislip  
Children's Centre**  
1:00PM - 2:00PM

**5th May**  
**2nd June**

**Colham Manor  
Children's Centre**  
9:00AM - 11:00AM

**22nd April**  
**20th May**



Hillingdon PCF