

School Newsletter

W/C 12th January

Monday 12th

Year 1 & 2 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)
Musical Theatre Club - KS2 (3.15pm—4.15pm)

Tuesday 13th

Year 3,4, 5 & 6 Art Club (3.15pm—4.15pm)
Year 1, 2 & 3: PSD Girls' Football (3.15pm-4.15pm)
Year 4, 5 & 6: PSD Girls' Football (3.15pm—4.15pm)
Year 5 & 6 PSD Netball (3.15pm-4.15pm)
Irish Dancing: Rec—Year 6(3.15pm—4.10pm)

Wednesday 14th

Year 1& 2: PSD Basketball (3.15-4.15pm)
Year 4: PSD Football (3.15pm-4.15pm)

Thursday 15th

Year 6— Junior Citizen Trip

Year 1 & 2: PSD Football (3.15pm-4.15pm)
Year 3 & 4: PSD Netball (3.15-4.15pm)
Zumba (3.15-4.15pm)
Spanish Club: Year 1— Year 4 (3.15—4.15)
Irish Music Lessons: Year 2 (2.45—3.15pm) Year 3 +
(3.15—4pm) Advanced (4pm—4.45pm)

Friday 16th

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 (3.15pm-4.15pm)
Year 1 & 2: Tennis (3.15pm-4.15pm)

NB. ONLY FRUIT SNACKS 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** ***



SACRED HEART CATHOLIC PRIMARY SCHOOL

T: 01895 633 240

E-Mail: office@shpsruislip.org



**Autumn MENU
Week 2**

Happy New Year and welcome back!

What a frosty start it has been to this Spring term! We are grateful to Mr. Murray and Mr O'Connor, working in freezing conditions, for keeping our pathways salted.

Please note, that should weather conditions ever result in the need for school closure, this decision will be made with the safety of pupils and staff at the forefront of our minds and will be notified to you, as early as possible, via Weduc.

We are delighted to share the wonderful news that Ms. Delaney announced the birth of her son Jensen Parker Stevens. Mother and baby are doing well and we send our warmest congratulations to the Stevens family.

The new term brings lots to look forward to and we hope it will be another successful one.

Have a lovely weekend,
Miss Morahan and Mrs Stockwell

After school clubs

As of Monday 12th January, pupils attending a club after school are only permitted to bring fruit as a snack, (no grapes.)

This is due to the high number of children in the school with allergies.



BIG ME week

What Should I Be in the Future?



Parent Volunteers Needed!



Please email the year group email if you could do a 5 -10 minute talk with your child's class or year group. These talks will take place during the weeks beginning 2nd February and 9th February 2026.

We would love to have Parent volunteers in to talk about their job/profession.

You may want to talk about:

- what you do
- what skills your job/profession uses

Starting aspirations learning at primary-age is key to social mobility.

Meeting real-life role models from the world of work increases motivation to learn.

It also challenges stereotypes, particularly around gender and ethnicity

BIG ME week

“What do you want to be when you are older?”



Footballer?
Doctor?
YouTuber?
Astronaut?



BIG ME Dress up Day

FRIDAY 13TH FEBRUARY 2026



Big Me week is a time for broadening horizons, thinking about the skills of other jobs/professions, and sharing hopes and dreams.

On Friday 13th February we are asking that children dress up as their future selves or as a job/profession of a family member.

A wooden spoon for a chef or a white shirt for a doctor will do!

Children's Speeches

We would also like children to prepare a short speech about what they want to be when they are older or a job/profession that someone in their family does.



These can also be shared in classes the week beginning 2nd or 9th February 2026.



A big

THANK
YOU



Sacred Heart Primary School Ruislip

For supporting the Hillingdon Food Bank with a generous donation of 181.2 kilograms

Your efforts had made a BIG difference to the entire Hillingdon Community.

Hillingdon food bank is part of the Trussell Trust's UK wide foodbank network.

Registered Charity Number: 1148148 | Registered in England and Wales



Spring 2026

Extracurricular Clubs



Sacred Heart Primary School

MONDAY 12th Jan – 23rd Mar

Year 1 & 2 MULTI-SPORTS

Year 3 FOOTBALL

£55 (10 sessions)

TUESDAY 6th Jan – 24th Mar

Years 1, 2 & 3 GIRLS FOOTBALL

Years 5 & 6 NETBALL

Years 4 – 6 GIRLS FOOTBALL

£60.50 (11 sessions)

WEDNESDAY 7th Jan – 24th Mar

Years 1 & 2 BASKETBALL

Year 4 FOOTBALL

£60.50 (11 sessions)

THURSDAY 8th Jan – 25th Mar

Years 1&2 FOOTBALL

Years 3&4 NETBALL

£60.50 (11 sessions)

FRIDAY 9th Jan – 20th Mar

Years 3&4 MULTI-SPORTS

Years 5&6 FOOTBALL

£55 (10 sessions)



3:15pm – 4:15pm

SCAN
ME



No sessions 16th – 20th February (half term)

BOOK ONLINE

www.thepsdgroup.org.uk/psd-clubs



RAISING THE STANDARDS IN
PHYSICAL EDUCATION AND SPORT



info@thepsdgroup.org.uk



0203 397 7409

Girls Only Football Training

Girls in Year 5 & 6 – all abilities welcome!



Session Details:

📅 Every Monday

🕒 6:00 – 7:00 PM

📍 Goals, South Ruislip

What to expect:

- ✅ Learn new football skills
- ✅ Make new friends
- ✅ Fun training with our coaches
- ✅ Build confidence and teamwork
- ✅ Matches & team opportunities coming soon!

Interested? Contact Joe Wilcox

j-wilcox@outlook.com