

## School Newsletter

W/C 9th February

### Monday 9th

#### Year 6-Bikeability (Mon– Thurs)

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 10th

#### 5H—Collective Worship

Year 3,4, 5 & 6 Art Club (3.15– 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 11th

#### 5C—Mayor Visit

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

Year 4: PSD Football (3.15pm-4.15pm)

Rec– year 2: Ballet (3.15-4.15pm)

### Thursday 12th

#### Year 4—Chinese Dance Workshop

#### 5H—Mayor Visit

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

Year 3 & 4: PSD Netball (3.15-4.15pm)

Zumba (3.15-4.15pm)

Spanish Club: Year 1– Year 4 (3.15– 4.15pm)

Irish Music Lessons: Year 2 (2.45—3.15pm) Year 3 +  
(3.15 –4pm) Advanced (4pm—4.45pm)

### Friday 13th

#### Big Me Dress Up Day—All years

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)

Rec—Year 6 Street Dance (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](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 3**

### Racial Justice

At our collective worship on Monday we marked Racial Justice Sunday, which took place in our parish churches on Sunday 1<sup>st</sup> February. The Bishops declared that the theme for Racial Justice Sunday 2026 to be – "Whoever loves God must also love his brother and sister" The words 'brother and sister' do not refer to our siblings but to the Catholic belief that we are all children of God so everyone is part of God's family. We reflected on how we live out this truth in our school and wider community by considering our answers to these two questions.

- How do I treat people who are different from me?
- What might God be asking me to change?

**It is essential that families discuss racial justice using age-appropriate language so children receive positive guidance from adults and learn how to use respectful language. This reduces the likelihood of misuses of language or actions that can offend or cause distress.**

### Big Me Week

This week has been our BIG ME week at school. We are so grateful to all the parents who took time out of busy schedules to come in and talk to classes. We know that this can be quite a daunting task, but from the feedback from teachers and pupils you managed your audiences very well!!! Children have been full of chatter about what they have seen and heard and we hope that new seeds have been sown in their minds, about the possibilities for their futures.

### School Development Fund

Next week we are relaunching our School Development Fund. Firstly, we would like to express our sincere gratitude to the many families who so generously already contribute to this fund. Your support has been invaluable. We would now like to appeal to any families who may not be currently contributing, to ask that you please consider doing so. At Sacred Heart School we consciously try to limit the times we request financial support and therefore hope that you feel that you can now give to the school. We have simplified the process and details of how you can make this voluntary contribution will be clear in the message and also outline what the funds will be used for. Whilst there will be suggested amounts, you are able to choose any amount that suits you. Please know that any contribution you feel able to make will make a difference to our school. Thank you in advance.

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

## **NOTICES:**

### **Advance Notice**

World Book Day - we will celebrate this in school on Friday 6th March.

Children are invited to wear either wear their pyjamas or dress up as a book character and bring in a book that they enjoy.

### **Nursery Parents' Consultation Meetings:**

Following the weduc message on Monday, kindly be reminded to book a parents appointment at **9.00am on Monday 9th February** via weduc. Please see the weduc message circulated today for details on how to book.

### **School Parents' Consultation Meetings:**

These will take place on the following dates; Tuesday 3rd March (Online) 3.30—6.20pm  
Thursday 5th March (Online) 3.30—6.20pm

**The booking system will be open from 9.00am on Saturday 21st February.**

Further details and information on how to book an appointment will be circulated nearer the time.

## PREVIOUS NOTICES:

# JOIN US FOR A FAMILY BINGO NIGHT OF FUN, LAUGHTER, AND PRIZES



### **BRING YOUR OWN REFRESHMENTS**

**WHEN : Saturday, 21st February, 2026**

**Doors open at 6.45pm**

**WHERE : Hesdin Hall, HA4 8NN**

**TICKETS COST : £10 per adult /  
£5 per child /  
£25 per family (Two adults + up to 4  
children)**

### **TO BOOK YOUR TICKETS**

**Contact :**

**Bernie - 07939 081441**

**Arlene - 07766 933007**

**Ann-Maria - 07941 589445**

**or Email**

**[mshjubileetrust@rcdow.org.uk](mailto:mshjubileetrust@rcdow.org.uk)**

**CASH TUCKSHOP / RAFFLE / TEA &  
COFFEE WILL BE AVAILABLE**

**Supporting the Hillingdon  
Brain Tumour & Injury Charity**

## Free School Meals – Please Check if You Are Registered

Currently all London primary school children receive free school meals.

However, **registering for Free School Meals (FSM) is still very important.**

This helps our school access **Pupil Premium funding** for learning and wellbeing.

Registration is **quick, confidential and free**, and does **not** affect any other benefits you receive.

👉 Check eligibility or register here:

[www.gov.uk/apply-free-school-meals/hillingdon](http://www.gov.uk/apply-free-school-meals/hillingdon)

## Safeguarding

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 (Miss. Morahan, Mrs. Stockwell, Mr Wright or our Designated Safeguarding Governor, Mrs Wloch). 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.

Webinar

For residents of North-West London

# Embracing Difference

Surviving and thriving with ADHD and Autism



Speaker: Emily Katy

This webinar explores the challenges and strengths associated with autism and ADHD from both a lived experience and professional perspective. It looks at how a diagnosis of Autism and ADHD can bring unique challenges, how girls may present differently, and the mental health challenges that can occur. Practical strategies and tools to help parents to support their children will also be shared.

**When:** Monday 9<sup>th</sup> February  
6:00 pm - 8:00 pm

**Where:** Online via Zoom



Scan the QR code to register. After registering, you will receive a confirmation email containing information about joining the webinar.

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


    @ADHDandAutism



## 'Children's Mental Health Week' 9<sup>th</sup> – 15<sup>th</sup> February

This week we have been celebrating 'Children's Mental Health Week'. The children have been participating in activities linked to this year's theme, 'This is my place' Please take some time to look at the website at home: <https://www.childrensmentalhealthweek.org.uk/>

This year's theme is about making everyone feel included and safe.



### **A FEW IDEAS FROM PLACE2BE:**

- Be your true self. Belonging comes from being accepted for who you are.
- Do the things you love: sport, video games, music, crafts, these are great ways to connect each other.
- Be kind to yourself when you make a mistake, you don't need to be perfect.
- Listen to your feelings and try to think about what you need.
- Talk to someone you trust, you are not alone.

### Whole School Half Term Challenge

Over half term can you go on a walk to find some stones to turn into 'Positivity Pebbles'? Decorate your pebbles at home with a positive message that links to the theme, 'This is my place'. Bring them in to school and we will scatter them around our outside areas to bring positivity to anyone who finds them!

### Poster Competition

Can you design your own poster about how to keep mentally healthy? What tips could you give others? Link to the theme of 'This is my place.'

Poster designers and pebble makers will receive a certificate and your work will be displayed around the school. Good luck!

## Positivity Pebbles



**PRIORITY  
BOOKING  
NOW  
OPEN**

# Kids

## Spanish Club

Join the fun — learn  
Spanish through songs,  
games and play!

**Thursdays  
3.15-4.15pm**

**Few spaces available**



**Get in touch to sign up**

**T. 07804492792**

**E-mail: [anavanderlee@gmail.com](mailto:anavanderlee@gmail.com)**



Bookings are live now on the website for Fun Fest holiday club, Sacred Heart School for February half term 16<sup>th</sup> - 20th Feb 2026

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)



# FEBRUARY HALF TERM SWIMMING SHORT COURSES

Make a splash with our fun  
half-term swim lessons:

**16th February –  
20th February**

9.30–10.00 Foundation Non-Swimmer  
10.00–10.30 Foundation Non-Swimmer  
10.30–11.00 Foundation Top-Up  
11.00–11.30 Foundation Top-Up  
11.30–12.00 Intro to Development

**Limited spaces – book now!**

Visit [better.org.uk/swimming-lessons](https://better.org.uk/swimming-lessons)

For any inquiries, email  
[HighGroveSwimSchool@GLL.ORG](mailto:HighGroveSwimSchool@GLL.ORG)

**NEWLY  
REFURBISHED  
SPORTS HALL!**



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



# **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 5 V 5 MATCHPLAY TO  
MAXIMISE TOUCHES,  
CREATIVITY AND  
CONFIDENCE ON THE BALL.**

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

**ACS HILLINGDON SPORTS HALL**  
108 VINE LANE, HILLINGDON, UXBRIDGE, UB10 0BE

- **EVERY FRIDAY • 5.15PM - 6.30PM •**
- **£12.50 PER SESSION •**
- **FOR CHILDREN IN YEARS 1 & 2 •**  
(CAPPED AT 18 SPACES)

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

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(INCLUDING GK)  
MAXIMISE TOUCHES,  
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(CAPPED AT 18 SPACES)**

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