

School Newsletter W/C 24th November

Monday 24th

Year 4—STEM Day

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 25th

6D—Collective Worship

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 26th

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)

Thursday 27th

Year 5—Narnia Day

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)

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

Friday 28th

PTA—Cracker Day

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)

SAFEGUARDING

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



SACRED HEART CATHOLIC PRIMARY SCHOOL

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E-Mail: office@shpsruislip.org



**Autumn MENU
Week 1**

At Sacred Heart this week

This week we celebrated Inter-Faiths week in school. On Monday we explored a variety of faiths in our whole school collective worship, helping children understand and appreciate the diverse world and community in which we live. On Tuesday Rabbi Aaron from the Ark Synagogue came in to talk to us about Judaism. We found out about key Jewish beliefs, traditions and practices, exploring how they can be both similar and different to Christianity. Children also had the opportunity to ask some respectful and insightful questions. Many thanks to Rabbi Aaron for visiting our school and to Mrs Connolly for organising this.

6B's collective worship on Tuesday reminded us that sometimes life isn't easy. During difficult times we need to rely on courage, hope and faith in God. It was an important reminder to us all. Well done to 6B and Mrs Bradley.

On Thursday Year 4 travelled back in time for their Roman day. They enjoyed a workshop on the Romans and we were all kept in line by the many Roman legions patrolling our school!

Well done to our Year 6 boys who won a nail-biting game to beat Warrender, this week. We are so proud of you! Thank you to Mr Newman for coaching the team so well and to our main cheer leader, Mr Wright!

Congratulations to the pupils who represented the school at the Indoor Athletics event on Thursday. Not only did they win their section of the event, but the highlight for Mrs Ford and Mr Newman, was the great sporting attitude and exemplary behaviour shown by each of them. What a credit to the school! Thanks to Mrs Ford and Mr Newman.

This week we have added a list of the many things happening in school during Advent, please read this carefully.

Finally, you may have seen members of the PTA, before and after school, and in the rugby club, beavering away getting everything ready for the Christmas Cracker next Friday. This is one of the highlights of the year for our pupils (and staff!) and we want to thank them, in advanced, for all they do for our school.

Wishing you all a lovely weekend,

Miss Morahan and Mrs Stockwell

NOTICES:

Sacred Heart School - Christmas Carols & Tea Party for Grandparents & Senior Citizens - Monday 8th December 2.00pm

Grandparents and senior citizens are warmly invited to an afternoon of festivities at Sacred Heart School Hall on Monday 8th December at 2.00pm, (arrival from 1.50pm). **Please call or e-mail the school office to register your attendance.** Tel: 01895 633240 E-Mail: Office@shpsruislip.org

Pupil information re The Christmas Cracker

Please see attached a leaflet explaining to children what to expect at the Cracker event. The PTA have kindly scheduled a 20 minute, quiet slot. This is available for children who find noisy events very challenging.

Please email Mrs Bardsley @ obardsley@shpsruislip.org , should you wish for your child to avail of this opportunity.

Cracker Day - Friday 28th November:

Don't forget:

- Mufti/Christmas Jumper Day (£1 donation to teacher)
- Bring a Bag for Life
- Event is cashless – grab your pre-paid card in advance: <https://www.pta-events.co.uk/ptasacredheartruislip/index.cfm?event=event&eventId=101641>

Sacred Heart Parish Church Christmas Fair

Our Sacred Heart parish church is holding their Christmas Fair on

Saturday 28th November from 10.30 - 14.30.

They have asked for our school families to run the children's games and crafts area again. We are asking for volunteers to make this happen. If you can spare an hour of your time during the fair to run a stall please email ptasacredheartprimaryruislip@gmail.com

Keep fit with Stanley!



NOTICES:

INDOOR SPORTS HALL EVENT - ATHLETICS

CONGRATULATIONS TO OUR FABULOUS SQUAD WHO COMPETED IN NUMEROUS EVENTS AGAINST SCHOOLS IN THE BOROUGH – POINTS ARE STILL BEING COUNTED AND WE ARE EAGERLY AWAITING THE RESULTS! AS A SCHOOL WE ARE SO PROUD OF THEIR TALENTS, BEHAVIOUR AND RESPECT FOR EACH OTHER AND THEY REALLY SET A FANTASTIC EXAMPLE FOR OTHERS TO LOOK UP TO!

SQUAD – HEIDI, SOFIA N, NIAMH N.L, FLORENCE, HANNAH, DEARBLHA, KAMSI, NANCY, ESME, EMILY, ANTONIA, ELYSSE

SAM K, LEO, LAWAND, SHAY, ALEX, THOMAS, TEDDY, DYLAN, DENNIS, JAKE B, MAX, ANDRE



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.



Sacred Heart Christmas Dates 2025

Friday 28th November:

PTA Cracker Day (*Non-Uniform/Christmas jumpers*).

Tuesday 2nd December:

Year 6 Advent Mass 10am Church of the Most Sacred Heart

Wednesday 3rd December:

Reception Nativity Sing-a-Long 9am School Hall.

Thursday 4th December:

PTA Christmas Wreath Workshop 7pm School Hall (*Ticket only*).

Friday 5th December:

Nursery Nativity 2:30pm Nursery classroom

Monday 8th December:

Carols & Afternoon Tea for Grandparents & Senior Citizens 2pm School Hall.

Tuesday 9th December:

2D Nativity 9am School Hall.

Year 5 Advent Mass 10am Church of the Most Sacred Heart

Year 6 Victorian Afternoon Tea Party for Parents 2.15pm School Hall.

Wednesday 10th December:

2K Nativity 9am School Hall.

Thursday 11th December:

2SO Nativity 9am School Hall.

Wednesday 17th December

School Christmas Lunch

(Non-Uniform/Christmas jumpers. Please bring your own cracker).

Carols by Candlelight 6:30 pm School Hall.

(Children in Years 4,5,6 who are involved in this will be notified.

Information about tickets will be sent out nearer the time).

Thursday 18th December:

The Advent Art Trail 3:30-4pm

(Families are invited to come in to see the Art in the downstairs corridor/Chapel for Advent.

Please enter via the front of school).

Friday 19th December:

Last Day of School.

School finishes at 1.30pm.

No PM Nursery.

Family Hubs and Children's Centres

SEND Sleep Workshop

Do you have a child who is under 5?

Does your child struggle with settling to sleep or staying asleep?

Join our supportive workshop designed to:

- ♥ Develop your understanding of sleep.
- 🔧 Support you to create the best sleep routine and environment for your child.
- 🌍 Share ideas and experiences with other families.

Workshops are available both online and in person.

To book your place, please call:

South Ruislip Children's Centre - 01895 558860

Yeading Children's Centre – 01895 260360

Uxbridge Family Hub- 01895 250258



Five to thrive
champions



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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](#)