

Sacred Heart Newsletter



4th May 2026

Monday 4th

Bank Holiday – School Closed

Tuesday 5th

4B - Swimming

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 6th

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 7th

Red Class Collective Worship

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)

No Irish Music Lessons: Year 2 (2.45–3.15pm)

Year 3 + (3.15 –4pm) Advanced (4–4.45pm)

Friday 8th

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 for all other activities, please ensure you let the teacher know.

This week at Sacred Heart...

Our children (and staff) thoroughly enjoyed taking part in the Mini Marathon this week. It was wonderful to see such enthusiasm, determination and team spirit on display. Events like these not only promote physical wellbeing but also help build resilience and a sense of achievement. Thank you to the running club helpers for running with our younger children, marshalling and of course water gun duty! A particular thanks goes to Mrs Ford for organising such a fun afternoon.

April has been recognised as the Month of the Military Child. This has been an important opportunity for us to acknowledge and celebrate the unique experiences of children from military families. We thank them for their strength, adaptability, and the valuable perspectives they bring to our school community.

Looking ahead, the month of May holds special significance in the Catholic tradition as the Month of Mary. Throughout the coming weeks, our school community will take time to honour Our Lady through prayer and reflection, following her example of faith and compassion

As we head into the long weekend, we would like to wish all of our families a very happy and restful Bank Holiday,

Miss Morahan and Mrs Stockwell

Mini Marathon

[mini marathon donation link](#)



The Stones are Back at Wembley

To celebrate Wealdstone's achievement of reaching the FA Trophy Final on Sunday May 17th, we will be doing the following:

Monday 11th May - Gary Waddock (1st team manager) and some of the players will be visiting Sacred Heart for an assembly

Friday 15th May - EVERYONE is invited to 'Wear Blue for Wealdstone'

There will also be a design competition for children to make their own banner - the best of which will be invited to welcome the players when they arrive.

The details of the competition have been attached.

In class, we will be enjoying some Wealdstone and Wembley-themed activities including:

- Writing 'Good Luck' messages from children across the school (to be displayed in school)
- Creating our own Top Trump-style playing cards for Wealdstone players
- Thinking of questions to ask the manager and players when they join us

Thank you everyone - this ought to be a very exciting and memorable experience for the children (and staff) as we show our support to our local team!

Mr Wright





The Proud board is back! We can't wait to see the children's achievements and moments of joy outside of school.

Please send in your children's proud moments.

Built some great Lego.

Baked something yummy.

Created a wonderful piece of art work.

Learned a new skill.

Was brave and tried something new.

Did well in a sport.

What ever achievement/ mile stone your child is proud of.

Send an email to proud@shpsruislip.org with the photo of the proud moment, child's first name, class and a couple of sentences to go under the photograph. – Thank you!

Little Voices Playgroup

Where – Hesden Hall, Most Sacred Heart Church, Ruislip

When – Daily from 9.30am to 11.30am

For – children aged 2 years and above

Come and join our friendly and welcoming playgroup.

We have experienced staff and provide a warm and nurturing environment, where children can thrive.

Please contact Patricia Gradwell 07534 908615 for more information

Important Notices

Growing Up in the Online World

The government are currently running a consultation on social media usage for children and are seeking responses from parents and children & young people (aged 10+).

Please take a moment to share your views on this important matter.

[Growing up in the online world: a national consultation - GOV.UK](#)



Growing up in the online world: a national conversation

Safeguarding at Sacred Heart Catholic Primary School

Safeguarding is everyone's responsibility at Sacred Heart.

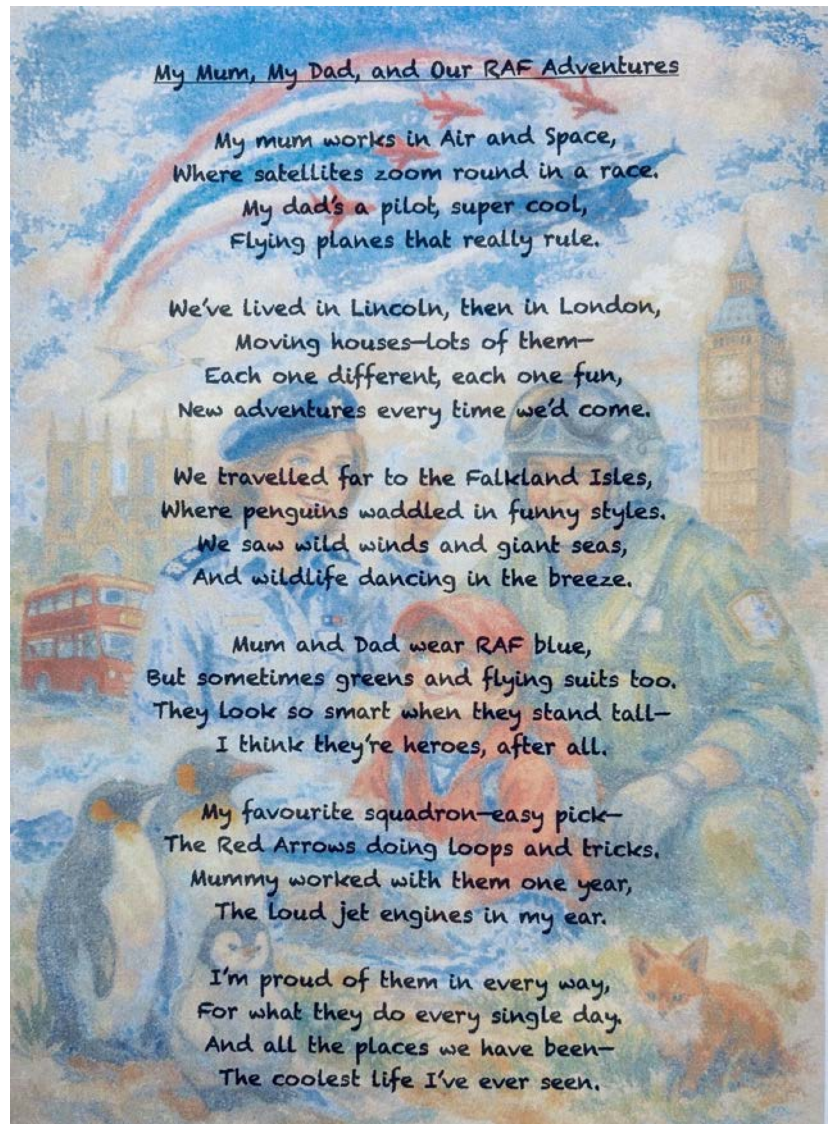
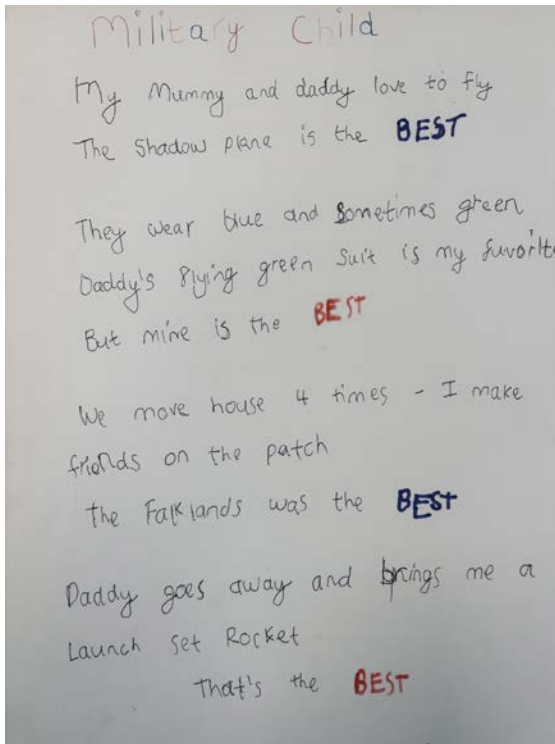
The wellbeing of our children is of paramount importance to all staff. Should any person (parent or staff) have a concern regarding a child's wellbeing, please inform one of the school's designated safeguarding team. In cases where school staff have concerns, they have a duty to discuss the issue with 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)**

Catherine and Daniel's Military Poems

To celebrate April the Month of the Military Child



APRIL
april
MONTH OF THE MILITARY CHILD



WEALDSTONE AT WEMBLEY

As many of you will already be aware (and have got your tickets), our local team Wealdstone FC (The Stones), have made it to the FA Trophy Final on Sunday 17th May.

Sacred Heart are very proud of our links to this fantastic community club and we are very excited to announce that some of the first team players will be visiting our school in the week leading up to the final.

To show our support, we are inviting all children and staff to

'Wear Blue for Wealdstone' on Friday 15th May.

If you already have your own Wealdstone kit or top then please wear that!

(Please don't feel that you have to buy anything new!)

We would also like as many children to take part in a design competition.

(Please see below.)

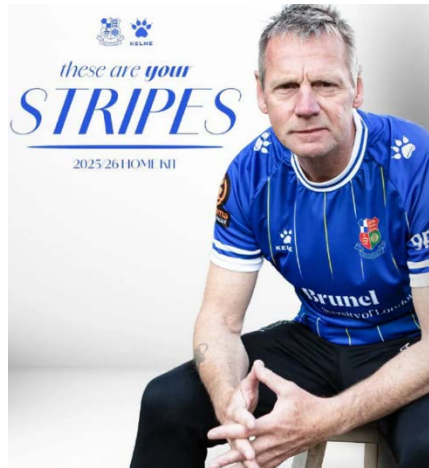
WEALDSTONE AT WEMBLEY BANNER COMPETITION

To celebrate Wealdstone FC's FA Trophy Final, we would like to wave as many banners as we can when the first team players are with us at Sacred Heart. You can use them if you are there to either wave the team off from Grosvenor Vale or to support them as they walk out at Wembley on the 17th!

Please note, your banner can be A4, A3 or A2 size and can be made out of any material.

Use cardboard, cereal boxes - maybe even create your own old-school style FA Trophy covered in tin foil.

Here are some images and messages you could include on your banner:





YEAR 4+5

SILENT DISCO

THURSDAY 21st MAY 2026

YEAR 4: 4:30 – 5:45pm

YEAR 5: 6:00 – 7:15pm

HESDIN HALL
CHURCH OF THE MOST SACRED HEART
PEMBROKE ROAD
RUISLIP HA4 8NN

TICKETS ON SALE FROM:
MONDAY 27th APRIL 2026

[Buy your ticket here!](#)



GET SET 4 TENNIS OPEN DAY

DENHAM WAY RECREATION GROUND WD3 9SL
SATURDAY 16TH MAY 1.30-3.30PM
07920 101907

FREE SESSIONS - OPEN TO ALL

- 1.30-2.30pm Junior Tennis (3-9)
- 1.30-2.30pm Junior Tennis (10-16)
- 2.30-3.30pm Adult Tennis (17+)
- 2.30-3.30pm SEND family session

BOOK NOW

