

School Newsletter W/C 29th September 2025

Monday 29th

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)
Running Club for registered children only (3.15-4.15)

Tuesday 30th

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

Wednesday 1st

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)
KS2 Art Club

Thursday 2nd

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)

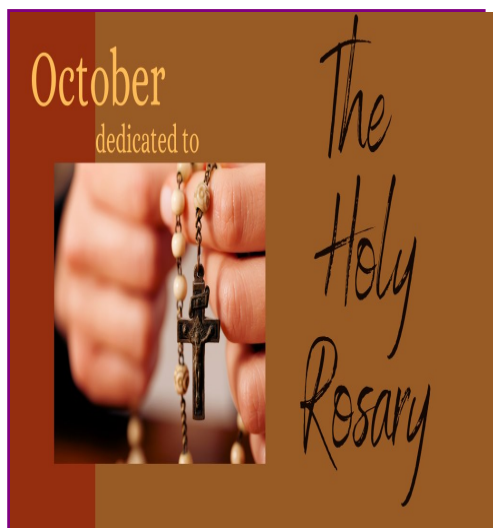
Friday 3rd

Own clothes day for St. Francis & St. Theresa house (Year 's 1- 6)

Year 1: PSD Football (3.15pm-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)

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



Spring MENU
Week 2

At Sacred Heart this week

This week in our whole school collective worship we focused on St Matthew, whose feast day was September 21st. We explored how Jesus is inclusive of everyone; He welcomes us all, forgives us all and believes everyone deserves a second chance. What a wonderful example for us all to follow.

October - the month of the Holy Rosary

This is a special time when children in Years 3 to 6 may bring to school a rosary beads, if they have them, to use during prayer times. We also have sets of beads in school for pupils to use. Please ensure your child knows how to use the rosary beads and that they do not wear them as an item of jewellery.

One World October

To celebrate our wonderful school community, classes will be completing a 'Worldwide Passport' to look outwards and celebrate our diversity.

Feast Days

St. Theresa (1st October) and St. Francis (4th October) – two of our House saints. Children in these houses (from Year's 1- 6) may wear their own clothes on Friday 3rd October.

Congratulations

To all in our community on being awarded the TfL Bronze level award. This is wonderful recognition of the work we have done to encourage active and sustainable travel (walking, cycling, scooting) and to reduce car use. Thank you to Mr. Hawkins for leading this initiative for us.

New arrival

Congratulations to Mr Newman and his partner on the birth of their daughter, Freya. We hope she will be a sporting superstar of the future!

The safety of all.....

We end with three important points

- Do not park across residents' drives – even if 'just for 5 minutes'
- Do not pull up in the rugby club car park and allow your child to run across the car park
- **DO** show respect and consideration to one another – aggressive behaviour will not be tolerated

Wishing you a lovely weekend,

Miss Morahan and Mrs Stockwell.

NOTICES:

Lost Property Message from Year 6

Dear Parents,

We would like to inform you that while we were tidying the lost property, we found that more than half of the clothes were not labelled. This is very concerning because if we cannot return them to their owners, they could end up in the charity shop or for recycling.

Yours sincerely,

Helen and Izabella Year 6.

Sing with the Westminster Cathedral Junior Voices!

The Westminster Cathedral Junior Voices is a top after-school choir seeking excellent and keen young singers (primary and secondary), starting on 8 October. The choir offers members an opportunity to sing once a month for the Saturday evening vigil mass at the Cathedral.

Sessions are led by Choral Conductor Gerard Lim, and include instruction in Classical vocal production, choral ensemble skills building, and work on Roman Catholic liturgical music. Basic introduction to Catholic music history and music theory will also be taught in the process.

This programme provides supervision from 4PM before a rehearsal at 4:30-5:30PM on Wednesdays during the school term. Rehearsals are held in Victoria, at the Hinsley Room, at Morpeth Terrace, beside Westminster Cathedral. On Saturdays where the choir sings at the Cathedral, rehearsal is from 4:30PM for mass at 6PM.

Come on 8th October for our first rehearsal!

Sign up copying the following link in to your browser <https://forms.office.com/pages/responsepage.aspx?id=ev868oUFaUGcVaeAS3KojQ7M8Kb1SJpGjIDWKc21wbiUNE05UUNVNEdSOFhBUzJaN1pSTE5VSTI5VS4u&route=shorturl>

NOTICES:



Free Webinar courses from CAAS

Please find below a link to upcoming webinars, provided by CAAS relating to : **Understanding the diagnosis for parents/carers of ADHD/autistic children and young people.**

CAAS supports ADHD / autistic people, their families, and the professionals who work with them through a wide range of services and projects.

We are delighted to share details of our new, free ***Understanding the Diagnosis*** webinar series for parents / carers of ADHD and autistic children for you to share with families you are working with.

Our Understanding the Diagnosis webinar course is designed to support parents and carers of children and young people who are awaiting an assessment or have been diagnosed with ADHD or autism.

Each of the seven sessions offers valuable insights and practical strategies - and you're welcome to attend any that feel most relevant to your family's needs.

What to Expect

The course has been thoughtfully structured to build week by week. Each session layers key information, practical advice, and strategies to help deepen your understanding and support your child or young person to thrive. You'll benefit from the professional expertise and lived experience of our team - bringing both knowledge and empathy to every session. Whether you attend one session or all seven, you'll find support, insight, and connection. https://www.eventbrite.com/cc/understanding-the-diagnosis-4636603?aff=odeimcmailchimp&mc_cid=18ff9f9d6a&mc_eid=ce658d0734

Wealdstone Football Club

Now that the new school year has started and the football season is underway, we'd love to invite Sacred Heart students and their families to enjoy a community day out at Wealdstone FC.

We're delighted to offer Sacred Heart families a **special ticket deal** for our next two National League home matches at **Grosvenor Vale, Ruislip**:

- **Wealdstone v Eastleigh** – Saturday 27th September
- **Wealdstone v Altrincham** – Saturday 4th October
- ☐ **Exclusive Sacred Heart offer:**
 - Adults: **£5**
 - Under-16s: **FREE**

Tickets can be ordered online via the links below. Simply enter the promo code **sacredheart** in the promo code box to unlock your discount:

[Wealdstone v Eastleigh](#)

[Wealdstone v Altrincham](#)

It's more than just football – enjoy the welcoming atmosphere of our **social club**, delicious match-day food from **DD's Diner**, and a friendly community experience for all ages.

We look forward to welcoming Sacred Heart families to Grosvenor Vale for an exciting match-day experience!

Wealdstone FC

PREVIOUS NOTICES:

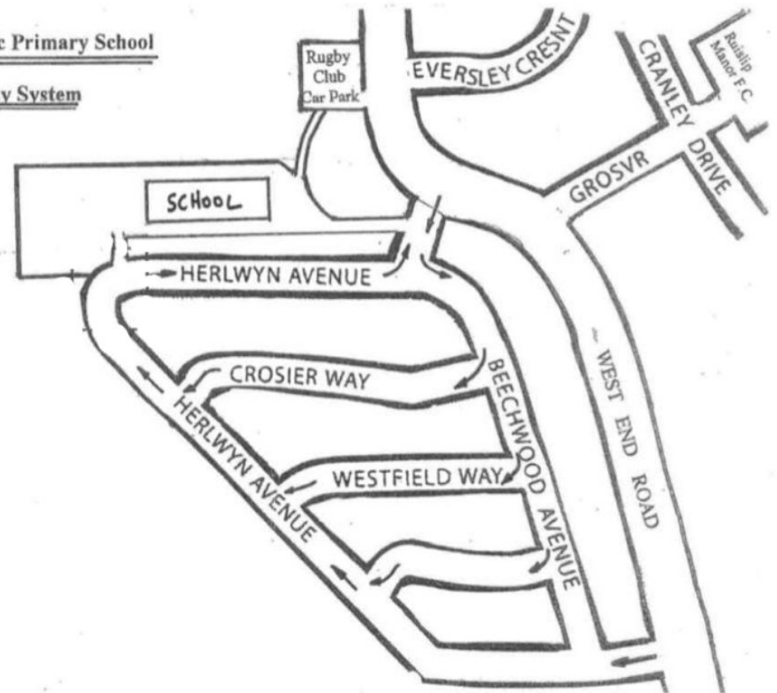
Traffic Congestion:

Please note to avoid traffic congestion at the back of the school, parents kindly adhere to a one way system as outlined in this map to assist the flow of traffic.

Please also be reminded to park courteously, not over or blocking our neighbours driveways or on yellow lines.

Sacred Heart Catholic Primary School

Map to show One Way System



LATE ARRIVALS: Please ensure your child has **everything** they need for the day ahead, including raincoats, water bottles, books, after school kits and snacks. **Late items are a disturbance to teaching.**

PARKING:

Please DO NOT block or park across residents' driveways.

Please adhere to the one-way system to help the flow of traffic.

Do not park in the disabled parking bays, unless you have a valid disabled badge.

SCOOTERS & BICYCLES

Children are not permitted to ride scooters and bicycles on the school premises.

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.



We currently have 'in-year' places available.

Please enquire

[Admissions | Sacred Heart Catholic Primary School
\(sacredhearthislingdon.co.uk\)](https://www.sacredhearthislingdon.co.uk)

**Sacred Heart Catholic Primary
School**
Herlwyn Avenue, Ruislip, Middx,
HA4 6EZ
01895 633240

WE HAVE ACHIEVED



We are excited to announce that we have been awarded with the bronze award for our work alongside TFL Travel for Life since the start of 2025.

We want to say a massive thank you to all who have helped take part through their active travel to school, as well as keeping our car park and surrounding roads safe.

We look forward to working towards achieving the silver and gold awards this academic year, so keep an eye out for any future events happening in our newsletter.

TfL Ambassador Team



FUEL YOUR... LITTLE HEROES!



Dear parent/guardian,

As you may be aware your child's school has a milk scheme, administered by Cool Milk. Mid-morning milk provides a much-needed nutritional boost and keeps children hydrated between breakfast and lunch. Children receive free milk until the age of 5. After that, they can continue to reap the benefits of fresh mid-morning milk at a subsidised* cost.

If you'd like to opt in and have not already done so, simply register your child at www.coolmilk.com/register. Your child(ren) will continue to receive free milk whilst under the age of 5 and Cool Milk will get in touch with further information by email shortly before their 5th birthday.

For children who are already over 5, it's not too late – our scheme is flexible! As well as being able to register and make payment straight away, you can join and cancel the scheme at any time. We offer yearly, termly and half termly payment periods and a recurring payment option to give you one less thing to remember.

If you already have an online Cool Milk account for a sibling, you can manage your account, make payment and add extra children by logging in at www.coolmilk.com/parents.

Should you have any questions or need any help, send us a message at www.coolmilk.com/contact or give us a call on the number listed below – we're here to help!

Kind regards,

Cool Milk

☐ : 0800 321 3248

☐ : www.coolmilk.com



SCAN TO REGISTER

*Milk for under-5s is fully funded by DHSC via the Nursery Milk Scheme. Milk for over-5s is subsidised by Defra via the School Milk Scheme.



**SEPTEMBER IS
CHILDHOOD CANCER
AWARENESS MONTH (CCAM)**

FAMILY FUN DAY!

**SATURDAY,
27TH SEPTEMBER 2025
12NOON - 5:00PM**

Children Go Free | Adult £2

**Uxbridge High School,
111 The Greenway,
Hillingdon UB8 2PR**

**All proceeds will go
towards the
Daniella Logun
Foundation (DLF).**

Thank you.

Our Instagram Page

www.thedaniellalogunfoundation.org



@DANIELLAGUN

