

Sacred Heart Newsletter



—— 7th September 2026 ——

Monday 7th

Year 1: PSD Multi-Sports (3.15–4.15pm)
Year 3: PSD Football (3.15–4.15pm)
Musical Theatre Club - KS2 (3.15– 4.15pm)

Tuesday 8th

Year 2,3 & 4 French Club
Year 2 & 3: PSD Football (3.15–4.15pm)
Year 4, 5 & 6 PSD Netball (3.15–4.15pm)

Wednesday 9th

Year 2: PSD Multi-Sports (3.15–4.15pm)
Year 4: PSD Football (3.15–4.15pm)
Year 3,4, 5 & 6 Art Club (3.15– 4.15pm)
Rec– Year 2: Ballet (3.15–4.15pm)

Thursday 10th

Year 1 & 2: PSD Football (3.15–4.15pm)
Year 4,5,6: PSD Multi-Sports (3.15–4.15pm)
Dance Club – Miss S (3.15–4.15pm)
Spanish Club: Year 1– Year 4 (3.15– 4.15pm)

Friday 11th

Year 3,4,5 & 6 Tennis (8.00–8.45am)
Year 1 & 2 Tennis (3.15–4.15pm)
Year 3 & 4: Multi-Sports (3.15–4.15pm)
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)

SAFEGUARDING

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

This week at Sacred Heart...

Dear Parents,

A very warm welcome back to all our children and families, and a particularly warm welcome to all our new families who are joining our school community. We hope that you have all had a lovely and restful summer and are ready for the year ahead.

It has been wonderful to see the children return looking so smart in their school uniforms. There has been a real sense of excitement as everyone settles back into school routines, and we are looking forward to all that the new school year will bring.

Thank you to all parents and carers for your support with our allocated entrance and exit gates. These arrangements help us to ensure that the beginning and end of the school day are as safe and organised as possible.

We have made one small adjustment to our arrangements. For the remainder of this school year, Year 2 parents will collect their children from the classroom doors at the end of the school day. Thank you for your cooperation with this change.

Meet the Teacher

Please make sure that you check the dates and times for your child's **Meet the Teacher** meeting next week. These meetings are a valuable opportunity to find out more about the year ahead, classroom routines and how you can support your child's learning.

Keeping Our Children Safe

We would like to remind all families about our school expectations regarding food and allergies. We have children in school with **severe allergies**, and it is therefore essential that we take every precaution to keep them safe.

Please remember that nuts and products containing nuts are not permitted anywhere in school.

We also ask that **grapes are not brought into school**. Whole grapes can present a significant choking risk to young children. We appreciate your support in helping us maintain a safe environment for every child.

Looking Ahead

We are very much looking forward to working in partnership with you throughout the year. A strong relationship between home and school is so important in helping our children to flourish, and we hope that together we can make this a happy, successful and memorable year for everyone.

A **key dates list** for the term and year ahead will be sent out next week, so please keep an eye out for this and add the important dates to your calendars.

We wish all our children a wonderful start to the new school year and look forward to sharing another year of learning, friendship and achievement with you all.

Miss Morahan and Mrs Stockwell

Birthday Treats

Due to the risk for our pupils with allergies and to encourage healthy eating, we do not allow birthday cakes/ treats to be distributed in school or on the school grounds. We very much encourage the idea of giving a Birthday Book to the child's class, if you wish to. Birthday badges are permitted but must be of a reasonable size and birthday hairbands are not allowed due to safety concerns.

Meet the Teacher

Monday 7th September Year 1 -2.45pm school hall

Tuesday 8th September:

Year 5 -2.45pm school hall

Year 6 PGL and meet the Teacher meeting **2.30pm** school hall

Wednesday 9th September Year 3 & 4 2.45pm school hall

Thursday 10th September Year 2 2.45pm school hall

RUNNING CLUB

Running Club will resume on Monday 14th
September for **Year 5 & 6**

3.15 pm – 4.15 pm

until October half term.

Existing members are already registered.

If your child no longer wishes to take part please email the
school office to notify

✿ The Proud Board is Back! ✿

We love celebrating all the wonderful achievements our children accomplish outside of school, and we're delighted to announce that **The Proud Board is back!**

Whether it's something big or small, if it gives your child that **puffed-out-chest feeling of pride**, we'd love to share it with our school community.

The Proud Board is displayed near the hall, where children and staff can enjoy reading about the amazing things our pupils have been doing.

Has your child:

🧱 Created something fantastic with LEGO?

🍰 Baked a delicious treat?

🎨 Produced a piece of creative artwork?

⚽ Learned how to do 10 keepie-uppies?

★ Achieved something else they're really proud of?

Anything goes, as long as it's something your child would like to celebrate!

Simply email a photo to **proud@shpsruislip.org** and include:

- Your child's **first name**
- Their **class**
- One or two sentences explaining their achievement

We can't wait to see and celebrate all the incredible things our children are doing beyond the classroom!

Let's fill our Proud Board with lots of reasons to smile! 😊

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 C Wloch (Designated Safeguarding Governor)

Autumn 2026 – KS2 Extracurricular Clubs



Sacred Heart Primary School

Year 3

FOOTBALL

MONDAY – 3:15PM – 4:15PM

7th September – 14th December

£77 (14 sessions)

Years 2 & 3

FOOTBALL

TUESDAY – 3:15PM – 4:15PM

8th September – 15th December

£77 (14 sessions)

Years 4–6

NETBALL

TUESDAY – 3:15pm–4:15pm

8th September – 15th December

£77 (14 sessions)

Year 4

FOOTBALL

WEDNESDAY – 3:15pm–4:15pm

9th September – 16th December

£77 (14 sessions)

Years 4 – 6

MULTISPORTS

THURSDAY – 3:15pm–4:15pm

10th September – 17th December

£77 (14 sessions)

Years 3 & 4

MULTISPORTS

FRIDAY – 3:15pm–4:15pm

11th September – 11th December

£71.50 (13 sessions)

Years 5 & 6

FOOTBALL

FRIDAY – 3:15pm–4:15pm

11th September – 11th December

£71.50 (13 sessions)

No clubs 26th – 30th October

**SCAN
ME**



BOOK ONLINE

www.thepsdgroup.org.uk/psd-clubs



**RAISING THE STANDARDS IN
PHYSICAL EDUCATION AND SPORT**



info@thepsdgroup.org.uk



0203 397 7409

Autumn 2026 – KS1 Extracurricular Clubs



Sacred Heart Primary School

Year 1
MULTISPORTS
MONDAY – 3:15PM – 4:15PM
7th September – 14th December
£77 (14 sessions)

Years 2 & 3
FOOTBALL
TUESDAY – 3:15PM – 4:15PM
8th September – 15th December
£77 (14 sessions)

Year 2
MULTISPORTS
WEDNESDAY – 3:15pm–4:15pm
9th September – 16th December
£77 (14 sessions)

Year 1 & 2
FOOTBALL
THURSDAY – 3:15pm – 4:15pm
10th September – 17th December
£77 (14 Sessions)

No clubs 26th – 30th October

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**FREE
TRIAL!**



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



STARTS 11/09/26!

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

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

DATES:

11/09

18~~X~~09

25/09

02/10

09/10

16/10

23/10

ALS HILLINGDON SPORTS HALL

108 VINE LANE, HILLINGDON, UXBRIDGE, UB10 0BE

• FRIDAYS •

RECEPTION • 5:15PM - 6:15PM
YEARS 1 & 2 • 5:15PM - 6:30PM

PRICES

£10.50 FOR RECEPTION
(CAPPED AT 12 SPACES)

£12.50 FOR YEARS 1 & 2
(CAPPED AT 18 SPACES)

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



IN PARTNERSHIP WITH
ICKENHAM YOUTH FC &
WEALDSTONE YOUTH FC



STARTS **08/09/26!**

INDOOR FOOTBALL BALLER LEAGUE STYLE

BOOK ONLINE



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LEAGUE.

THE FOCUS IS 5V5 MATCHPLAY TO
MAXIMISE TOUCHES,
CREATIVITY AND
CONFIDENCE ON THE BALL.

FEATURING A WEEKLY
"PRESSURE POINT"
PENALTY SHOOTOUT

DATES:

08/09

15/09

22/09

29/09

06/10

~~13/10~~

20/10

ALC HILLINGDON SPORTS HALL

108 VINE LANE, HILLINGDON, UXBRIDGE, UB10 0BE

• **TUESDAYS** •

YEARS 3 & 4 • 5:15PM - 6:30PM

YEARS 5 & 6 • 6:30PM - 7:45PM

£12.50 PER SESSION
(CAPPED AT 18 SPACES)

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