

Sacred Heart Newsletter



5th October 2026

This week at Sacred Heart...

It has been a lovely start to our new school year, and it was wonderful to come together as a whole school community for our opening Mass. We were delighted to welcome Fr James and Brother Augustine, who led a beautiful celebration with us. Brother Augustine even shared his dancing skills, which certainly brought smiles and added extra joy to our celebration! During the mass, our Pupil Chaplains received their special red ties, marking the beginning of their important role within our school community. We are very proud of our chaplains and look forward to seeing them living out their role by supporting others, helping to lead prayer and worship, and being wonderful role models for our younger children.



This week marks the celebration of two of our House saints, St Theresa (1st October) and St Francis (4th October). Children have reflected on these saints' lives and the example that they give us, in their collective worships. (See overleaf for ways you can promote this at home.)

Year 3 had a fantastic day out at the zoo this week. The children had a wonderful time exploring, learning about the animals and enjoying lots of exciting experiences together.

Thank you to our staff for enabling this trip to take place.

A Reminder About Safety in the Rugby Club Car Park

A gentle reminder to all parents and carers using the Rugby Club car park at drop-off and collection times. Please enter the car park with care and **follow the one-way system at all times**. We ask everyone to drive slowly, remain patient and be particularly mindful of children and pedestrians.

Your cooperation is very important in helping us to keep everyone safe. Thank you for your support.

Pokemon/Football cards are currently allowed for KS2 children only but we are keeping this under review.

Wishing you a lovely weekend,

Miss Morahan and Mrs Stockwell

Monday 5th

Running club Year 5 & 6
(Registered runners only 3.15– 4.15pm)
Year 1: PSD Multi-Sports (3.15–4.15pm)
Year 3– 6: PSD Basketball (3.15–4.15pm)
Coding Club Year 1,2,3,4,5 & 6 (3.20–4.15pm)
Musical Theatre Club - KS2 (3.15– 4.15pm)

Tuesday 6th

Year 2,3 & 4 French Club (3.15–4.15pm)
Year 2 & 3: PSD Football (3.15–4.15pm)
Year 4, 5 & 6 PSD Netball (3.15–4.15pm)
Irish Dancing: Year 1–Year 6 (3.15–4.10pm)

Wednesday 7th

3F – Collective Worship

Year 4: PSD Football (3.15–4.15pm)
Year 3,4, 5 & 6 Art Club (3.15– 4.15pm)
Year 1 – 4 : Ballet (3.15–4.15pm)

Thursday 8th

Year 1 & 2: PSD Football (3.15–4.15pm)
Dance Club – Miss S (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 (4–4.45pm)

Friday 9th

Year 3,4,5 & 6 Tennis (8.00–8.45am)
Year 1 & 2 Tennis (3.15–4.15pm)
Year 2,3 & 4: PSD Multi-Sports (3;15–4:15pm)
Year 5 & 6: PSD Football (3.15–4.15pm)
Year 1–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 *****

Lunch Menu – Week 2

Following the examples of our saints, here are some ways that families can do this at home.

- **Decorate Crafts for a Care Home:** Children can design cheerful drawings, holiday decorations, or handwritten letters to be delivered to residents at a local retirement or nursing home.
- **Community Litter Pick:** (using grabbers and gloves) at a local park or around the school grounds.
- **Support Local Food Banks:** Children can donate non-perishable goods. Involving them in choosing the items helps them understand how their actions directly aid families in need.
- **Kindness Rocks Project:** Children paint small stones with bright colours and uplifting messages (like "Smile" or "You're Awesome") and leave them along local walking paths or library gardens for neighbours to find.
- **Animal Shelter Comforts:** Collect outgrown towels or old blankets from home and drop them off to help comfort animals at a local pet shelter.



Children of the Year 6 Choir were invited to attend the 90th anniversary celebrations of St Paul's Church in Ruislip Manor. Along with other local schools, the children sang and celebrated the Church's 90th anniversary. The children represented the school beautifully and Father Tommy was so thankful for the children's participation, it was a wonderful afternoon demonstrating Ruislip's strong community spirit. Thank you to all the children and parents involved.
Mrs Berti

School Development Fund

We wish to extend our gratitude for your generous contributions towards the development of our school. Your contributions enable us to improve our facilities, upgrade our learning tools and enhance your child's learning environment.

The School Development Fund is essential to bridge the gap between government funding and what we can offer our pupils to provide the learning environment that they all deserve.

We are therefore asking all parents to consider donating to this fund. With the generous support of our community, we will be able to maintain and update our facilities for the benefit of all our pupils.

We would be delighted if you would be able to contribute towards this fund.

The below link will take you to the Give a Little platform where you will be able to select whether you would like to make a single or monthly donation. If you would like to make a monthly donation, please be sure to click on the 'other' icon to specify the monthly donation amount. It is also possible to use the 'other' icon to enter a personalised single donation amount.

<https://givealittle.co/c/3Da7Vr7h5kTLZoY2J29KD0>



Sing with the Westminster Cathedral Junior Voices!

The Westminster Cathedral Junior Voices is a top after-school choir seeking excellent and keen boys and girls (Y3 and above, primary and secondary), starting on 7 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. Subscription is £15 per term.

Come on 7 October for a taster session!

Sign up at the link below by Noon on Monday 5 October:

Westminster Cathedral Junior Voices Sign Up Form – Fill out form

<https://forms.cloud.microsoft/pages/responsepage.aspx?id=ev868oUFaUGcVaeAS3KojQ7M8Kb1SJpGjlDWKc21wblUN0U0U0MwTTg5NjBNNE4xWTRINFNHSTVONy4u&route=shorturl>

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)

SPORTS NEWS

Running club

Congratulations to our Runner of the Week –

Sophie (6B)

– fantastic resilience & determination!

[home | parkrun UK](#)

Autumn 2026 – KS2 Extracurricular Clubs



Sacred Heart Primary School

Year 3 – 6

BASKETBALL

MONDAY – 3:15PM – 4:15PM

28th September – 14th December
£60.50 (11 sessions)

Years 2 & 3

FOOTBALL

TUESDAY – 3:15PM – 4:15PM

29th September – 15th December
£60.50 (11 sessions)

Years 4–6

NETBALL

TUESDAY – 3:15pm–4:15pm.

29th September – 15th December
£60.50(11 sessions)

Year 4

FOOTBALL

WEDNESDAY – 3:15pm–4:15pm

30th September – 16th December
£60.50 (11 sessions)

Years 2, 3 & 4

MULTISPORTS

FRIDAY – 3:15pm–4:15pm

2nd October – 11th December
£60.50 (11 sessions)

Years 5 & 6

FOOTBALL

FRIDAY – 3:15pm–4:15pm

2nd October – 11th December
£60.50 (11 sessions)

No clubs 26th – 30th October

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Growing Independence

Supporting Autistic and ADHD Young People to Build Confidence and Autonomy

Speaker: Emily Kersey

For parents and carers of ADHD/autistic children and young people who live in North-West London.

Growing Independence is a practical, neuroaffirmative session for parents and carers of autistic and ADHD children and young people. We will explore how we can build skills, confidence, choice and self-advocacy without turning independence into another source of pressure.

When: Wednesday 21st October, 6:00 - 8:00 pm

Where: Online via Eventbrite

Contact enquiries@adhdandautism.org to find out more & scan the QR code to access our referral form.





Drop-In Support

at the CAAS centre

For parents and carers of ADHD/autistic children and young people who live in North-West London.

We kindly ask that children do not attend.

The support sessions are a great introduction to our services where you can find out about the help we can provide for you and your family, and to connect with other parents/carers in a similar situation. We also have a friendly creche service available to book during daytime sessions, to allow you some child-free time to meet our team.

When: Wednesdays and Fridays during term time, 10:30 AM - 12:30 PM - creche available

Third Monday of the month, 7:00 - 9:00 PM

Where: CAAS Centre, Television House, Field End Road, Eastcote, HA4 9XA

Contact enquiries@adhdandautism.org to find out more. No need to book - just drop in!



Our Bay20 Drop-In has moved **online** (for now!)

Due to ongoing refurbishment at Bay20 Community Space, we've had to move our parents drop-in online.

You can still find us every Wednesday during term time from 10:00 am - 12:30 pm. Scan the QR code for the Zoom link to join. No need to register - just drop in.

We are very sorry for any inconvenience. Email enquiries@adhdandautism.org for more information, and keep an eye on our socials for updates on when we might be back in person!





Online Parents Drop-In

Meet new people & learn about support & services.

For parents and carers of ADHD/autistic children and young people who live in North-West London.

Our online drop-in support groups are a wonderful opportunity to talk to our family support team and connect with other parents to share stories and build a supportive community. You are welcome whether your child is formally diagnosed, on the pathway, or if you suspect your child might need an assessment and want to know the next steps.

4th Wednesday monthly
7.00 - 8.30 pm

Every other Monday
12:00 - 1:30 pm



Weds



Mon



Hillingdon

Parent Carer Forum

Would you like to find out how you can get involved in shaping the future of SEND services for our children and young people?

Join us for our AGM!

Friday November 20th 2026

10:30 - 12:30



**Adult Education Centre
Room 6
Civic Centre
Uxbridge High Street
UB8 1UW**

Learn more about:

- Who we are and what we do.
- Our achievements this year.
- Ways you can get involved.

For booking details:

Scan the QR code



or email us at
Hillingdonpcf@gmail.com

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MONDAY – FRIDAY
9am – 1pm



26 – 30TH OCTOBER



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£120
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