

School Newsletter W/C 8th December

Monday 8th

Grandparents Afternoon tea party- 2pm- school hall

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 9th

2D—Nativity –9am in the school hall

Year 5 Advent Mass—Church of the Most

Sacred Heart -10 am

Year 6—Victorian tea party—2.00pm- school hall

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 10th

2K—Nativity—9am in the school hall

Year 3—Polar Express Day

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 11th

2SO—Nativity—9am School

Year 6—Cinema Trip

Flu Immunisation—Catch up

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 12th

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



Autumn
MENU
Week 3

At Sacred Heart this week

The start of Advent was marked at our whole school collective worship, with the lighting of the first candle on our Advent wreath and the 'dressing' of our Christmas tree. Our Assistant Chaplains reflected on how important this season of Advent is and asked us to consider how we can be lights, shining in the lives of others.

A great example of this, in action, was displayed by members of our Year 4/5 choir who visited The Wallis Care Home and entertained the residents with songs and conversation. See attached report. Thank you to Mrs Berti for leading this event.

On Tuesday, Year 6 joined the congregation at Most Sacred Heart Church for mass. We were made to feel very welcomed and Fr James reminded us of the importance of this season.

On Wednesday morning our Reception children presented their Christmas Nativity. What a delight to hear them sing and perform with such confidence and joy. Again, our Assistant Chaplains played their part, presenting the Christmas story in words. Judging by the smiles of all the adults in the room, it is fair to say that Reception pupils spread some real Christmas magic. Thank you to the Reception team for all your hard work in preparing the children so well.

Year 5 visited The National Gallery this week to explore various paintings of the Nativity. For many of our pupils it will have been their first visit to an art gallery to see the work of famous artists. Thank you to the Year 5 team for this invaluable experience.

Netball - congratulations to the team who played on Wednesday in a local cluster competition, winning two games and drawing one. See attached photo of the team.

On Thursday evening the PTA organised a Christmas wreath making event at school. It was great to see parents enjoying this lovely activity. Thank you to the PTA.

On Friday our Nursery children presented 'Our First Nativity'. How proud we are of each and every one of them for singing and signing so confidently. There is no greater joy than to see the youngest children in our school sharing the Christmas story in such a beautiful way. Thank you to the Nursery team for this very special performance.

Wishing you a lovely weekend,
Miss Morahan and Mrs Stockwell



NOTICES:

Sacred Heart Admissions Consultation

Please see the school's website for information regarding proposed changes to the Admissions Policy for 2027/28.

[Admissions | Sacred Heart Catholic Primary School](#)

Advent Service at Most Sacred Heart Church - Sunday 14th December 4pm

Our families are invited to attend the parish Advent service this Sunday 14th December at 4pm.

Pupils in KS2 classes (Years 3, 4, 5 and 6), who are able to attend, can join in presenting two of the carols that we have been learning in school.

Mrs Stockwell will be there, but ask that an adult attends with each child so they can sit with them and return to them in the congregation once we have performed our carols.

Children do not have to wear uniform. They can wear their own clothes with some Christmas attire if they wish.

If you can attend we look forward to seeing you there.

Christmas Lunch

Please see attached the menu for the Christmas lunch on Wednesday 17th December. Children may wear their own clothes/ Christmas attire and may bring a cracker (we will have spare crackers, if needed).

NOTICES:

Netball

Congratulations to the team who played on Wednesday evening in a local cluster competition, winning two games and drawing one!



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.

Church Choir - Wallis House

The Year 4 Church Choir had the honour of being invited to sing for a group of local elderly residents who attend the local AGE UK group at Wallis House. It was a wonderful afternoon. The children began by talking to the residents and exchanging Christmas cards with one another. We then performed some Carols and Christmas songs to bring some festive cheer. Mr J accompanied us on the piano, the residents enjoyed it so much we got not one, but two encores! A very special afternoon enjoyed by all. Well done to all the children who attended, they represented our school beautifully. Also, a special thank you to Mr J for joining us and making our performance extra special by playing the piano.



Let's stir up some Festive Fun!

Roasted English Turkey Breast & Pig in
Blanket

or

Creamy Parsnip & Squash Bake

Both served with

Roasties, Carrots, Peas & Gravy

or

Penne Pasta with
Tomato Sauce

—

Reindeer Biscuits

or

Fresh fruit



Spring 2026

Extracurricular Clubs



Sacred Heart Primary School

MONDAY 12th Jan – 23rd Mar

Year 1 & 2 MULTI-SPORTS

Year 3 FOOTBALL

£55 (10 sessions)

TUESDAY 6th Jan – 24th Mar

Years 1, 2 & 3 GIRLS FOOTBALL

Years 5 & 6 NETBALL

Years 4 – 6 GIRLS FOOTBALL

£60.50 (11 sessions)

WEDNESDAY 7th Jan – 24th Mar

Years 1 & 2 BASKETBALL

Year 4 FOOTBALL

£60.50 (11 sessions)

THURSDAY 8th Jan – 25th Mar

Years 1&2 FOOTBALL

Years 3&4 NETBALL

£60.50 (11 sessions)

FRIDAY 9th Jan – 20th Mar

Years 3&4 MULTI-SPORTS

Years 5&6 FOOTBALL

£55 (10 sessions)



3:15pm – 4:15pm

SCAN
ME



No sessions 16th – 20th February (half term)

BOOK ONLINE

www.thepsdgroup.org.uk/psd-clubs



RAISING THE STANDARDS IN
PHYSICAL EDUCATION AND SPORT

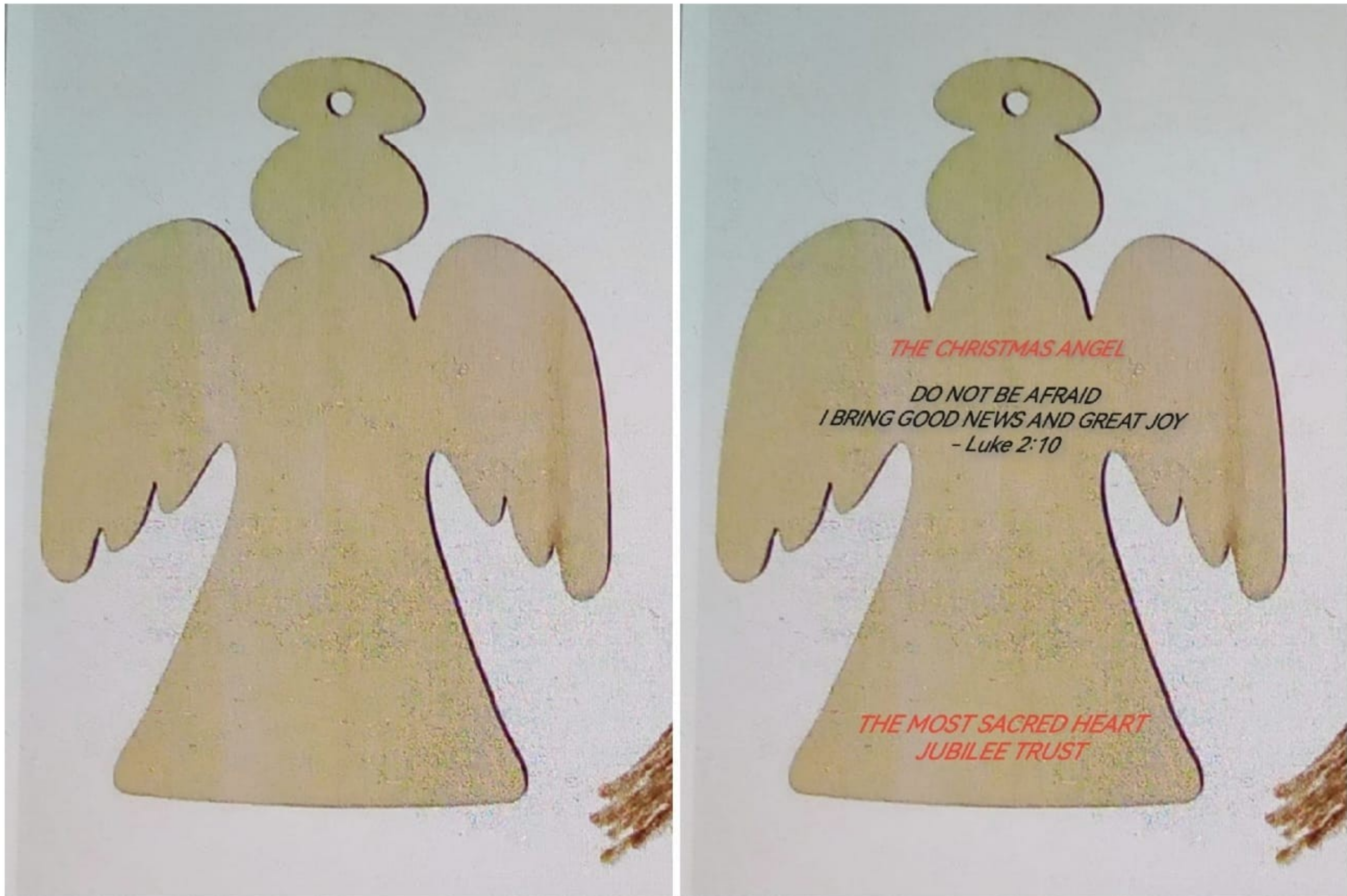


info@thepsdgroup.org.uk



0203 397 7409

THE CHRISTMAS ANGEL



MOST SACRED HEART JUBILEE TRUST FUNDRAISING EVENT

The Parish charity is looking forward to selling their tree ornaments which the children could buy to take home and decorate. The Christmas Angels are £1 each, CASH ONLY.

Anyone who wishes to purchase them could spot the Jubilee Trust members who would be available at school on Friday, 12th December, 2025 - During afternoon pick up, at the main entrance in front of the school office.

LIMITED STOCK AVAILABLE.

JOIN US IN JANUARY!

£16.50 PER WEEK
PLACES LIMITED!

AFTER-SCHOOL MUSICAL THEATRE CLUB

OPEN TO PUPILS IN KS2
FROM 12th JANUARY 2026

- Improves speaking & presentation skills
- Develops teamwork & collaboration
- Improves focus & self-expression
- Boosts social skills

All while building confidence that lasts a lifetime!

MONDAYS 3.15pm - 4.15pm



For more information please contact Coleen:

07787 535506 | coleen@littlevoices.org.uk

littlevoices.org.uk/harrow-hillingdon



PLEASE NOTE : REGISTRATION AND PAYMENT OF THESE CLASSES WILL BE MANAGED BY LITTLE VOICES, NOT SACRED HEART

SAVE THE DATE!



HILLINGDON
LONDON

Education & SEND

Parent Event 26th January 2026

10.00am - 2.00pm Civic Centre Uxbridge

Don't miss out on this exciting event! Spaces are limited and will be offered on a first-come, first-served basis.

Reserve your place today by completing the form below.

Come hear from:

- SEND Advisory Team
- Children's Integrated Therapies
- SENDIASS
- Parent Carer Forum
- Local Offer
- Family Hubs

And much more...

Register Now:

[Click Here](#)

Registration for the SEND &
Education Parent Event



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](#)