

Sacred Heart Newsletter



12th October 2026

Monday 12th

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 13th

6B Collective Worship

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 14th

3FY – 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 15th

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 16th

School Photographs

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 3

This week at Sacred Heart...

At our assembly this week, we were delighted to be presented with our new football kits, generously sponsored by PSD. We are extremely grateful to PSD for their continued support of our school and for this generous sponsorship. The new kits look fantastic, and we are sure our football teams will wear them with great pride! We also thank Jak Allday, our Parent Governor, for his support with this.



3F led a beautiful assembly this week, focusing on mental health and well-being. They helped us to think about how we can look after our minds as well as our physical health. It was a wonderful message for us all to hear and a lovely celebration. Thank you to the children of 3F for sharing this important message with us, and to Mrs Ford for preparing the children so well. We were very proud of them.

Our Eco Warriors would like to thank the parent who donated flowers for our prayer garden/copse. The children have enjoyed planting them and they have also planted some bulbs, which we can all look forward to enjoying when they flower in the springtime.

As part of our ongoing health and safety work, we held a fire drill this week. The whole school was safely evacuated in under three minutes. It was very reassuring to see how calmly and sensibly the children responded and to know that they are aware of what they need to do in the event of an emergency. A big thank you to all the children and staff for their excellent response.

We have also begun our school tours for prospective parents and children who are considering joining us in the next academic year. We are always very proud to show visitors around our school and share with them all that makes our school such a special place. If you know of anyone who may be looking for a school place for next year, please do let them know that we have **further tours coming up**. We would be delighted to welcome them and give them an opportunity to see our wonderful school for themselves.

Wishing you a lovely weekend,

Miss Morahan and Mrs Stockwell

Parental Consultation Meetings

Will take place in School on;

- Tuesday 10th November - 3.30 - 6.00pm
- Thursday 12th November - 1.45 - 4.45pm

Please note school will close at the earlier time of 1.30pm on Thursday 12th November.

- PSD **After School Club** will run until 4.30pm.
- PSD **Clubs** will run from 1.30-2.30pm.
- Spanish, Irish Music and Dance classes will NOT run.

The Weduc Booking System will be available from **Saturday 31st October at 9.00am** to book appointments. Instructions will be sent nearer the time.

Phonics Workshop

There will be two phonics workshops for parents taking place in the school hall.

Reception - Monday 16th November - 9am

Year 1 - Monday 23rd November - 9am

Adult Zumba Classes

Miss S and her Zumba partner Theresa are considering starting an **adult Zumba class at school**, which would take place on **Wednesday evenings from 7:00-8:00pm**.

If you would be interested in attending, please message so that she can gauge interest before confirming the class.

Contact details are: Theresa 07956 287608 or Miss S 07780270082



Football - Sacred Heart vs St. Swithun Wells - 1st Round Cup

What a performance from our Boys football team in our brand new kit! Showing excellent team work, determination and above all a fantastic attitude towards the game.

We advance through to the next round of the Cup, congratulations; Theo, Noah, Jake, Danny, Lucas, Harry (c), George and Andre 🏆

Players of the match 🌟

George- Scoring 6 Goals, worked extremely hard 🏆

Andre- Scoring 2 Goals, played out of position but made it his own 🏆

Sacred Heart 9 – St. Swithun Wells 1



Reception & Year 3 Discos - Thursday 15th October

Date: Thursday 15th October

Hesdin Hall, Church of the Most Sacred Heart

Reception: 4:30 – 5:45pm

Year 3: 6:00 – 7:15pm

❖ Important:

- This is not a drop-and-go event.
- All parents/carers must stay for the duration of their child's disco.
- We also need parents to help out on the night - checking kids in, selling merchandise items, giving out tuck bags, general tidying during and after the discos. Please let your Class Rep know if you're able to help on the night!

We can't wait for a fun, music-filled evening with the children!

Buy your disco tickets here! <https://www.pta-events.co.uk/ptasacredheartruislip/index.cfm>

Braids & Bubbles/Beer Night - Wednesday 21st October

Due to popular demand, we are holding a braiding and bubbles night! Learn to French or Dutch braid with the Braid Maidens! Limited tickets - book now to avoid disappointment! <https://www.pta-events.co.uk/ptasacredheartruislip/index.cfm>

Date: Wednesday 21st October

Sacred Heart School Hall

7:00 – 9:00pm

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 –
brilliant attitude, determination, speed and
power!

Esme – 6H

[home](#) | [parkrun UK](#)

For all you adults out there – please see below for
Couch to 5K coaching – go on, give it a go!!



**HILLINGDON
ATHLETIC CLUB**

COUCH TO 5K

25th October 2026
at 10am every Sunday for 8 weeks

Are you looking to get into running, but aren't sure where to start?
Join our HAC Couch to 5K course and let us support you on your journey!

- Get fit with an eight-week structured 0-5km group programme
- Led by England Athletics-qualified run coaches
- No pressure – walk/run at your own pace in a fun environment
- Make new friends along the way
- Only £20 for the full course. There are limited spaces, so sign up now!

The 8-week course starts 25th October 2026, every Sunday @10am
from: Hillingdon Athletic Clubhouse, Bury St, Ruislip HA4 7TJ

To sign up, for more information or questions, please visit
www.hillingdonac.co.uk/couchto5k
or scan the QR

HAC
www.hillingdonac.co.uk

ENGLAND ATHLETICS



RECEPTION & YEAR 3 DISCOS!

Thursday 15th OCTOBER 2026

HESDIN HALL

Church of the Most Sacred Heart, Ruislip

RECEPTION: 4:30PM – 5:45PM

YEAR 3: 6:00PM – 7:15PM



**BUY
NOW**



Braid
+ Maidens.

Braids & Bubbles Night

Learn to French and Dutch braid with the Braid Maidens

£40
per person

*Price includes a drink on arrival and a
digital refresher course of the class
worth £20!*

Wednesday
21st October

School Hall

7:00 – 9:30pm

Braid Maidens will teach the popular
French and Dutch braid techniques

Experience necessary: a basic 3 strand plait

**Grab your fellow Mums and/or Dads for a fun night out,
perfecting a new skill while raising money for the PTA!**

Book here:

<https://www.pta-events.co.uk/ptasacredheartruislip/index.cfm>

Max capacity: 18 per event. Book early to avoid disappointment!



BOOST YOUR CHILD'S SWIMMING THIS HOLIDAY

HIGHGROVE POOL & FITNESS CENTRE

WEEKDAY HOLIDAY COURSES ARE THE
PERFECT POWER-UP FOR REGULAR
SWIMMERS OR A GREAT TASTER TO
BETTER SWIM SCHOOL SWIMMING
LESSONS.

26th October – 30th October 2026

- 9:30am – Junior Foundation Non-Swimmer
- 10:00am – Junior Foundation Non-Swimmer
- 10:30am – Breaststroke & Butterfly Clinic
- 11:00am – Adult Swimming Lessons
(Beginner/Improver)



BETTER