

Sacred Heart Newsletter



— 2nd November 2026 —

Monday 2nd

School Re-Opens

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 3rd

Poppy Appeal Sale

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 4th

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 5th

Year 1 & 2: PSD Football (3.15–4.15pm)
Dance Club – Miss S (3.15–4.15pm)
Spanish Club: Year 1– Year 5 (3.15– 4.15pm)
Irish Music Lessons: Year 2 (2.45–3.15pm)
Year 3 + (3.15 –4pm) Advanced (4–4.45pm)

Friday 6th

Hearing & Vision Screening – Reception Flu Vaccinations

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

This week at Sacred Heart...

We were delighted to welcome our Reception children and their families to our annual Blessing of the Ties Service. This special occasion marks the beginning of the children's journey within our school community and celebrates the important partnership between home and school. We would like to extend our sincere thanks to Fr Vic for leading such a meaningful and memorable service.

A special thank you also goes to 3BW, who led a wonderful Collective Worship this week, on the Celebration of the Mass. The children spoke confidently, shared thoughtful reflections and demonstrated how we can carry out some simple acts to follow Jesus' message. We are very proud of their efforts and the positive message they shared with our school community. Thank you, Mrs Berti and Mrs Walsh, for helping to prepare the children so well.

Meanwhile, our Year 6 pupils have been enjoying a fantastic residential visit to PGL Liddington. From challenging outdoor activities to team-building adventures, the children have embraced every opportunity with enthusiasm, resilience and determination. It has been wonderful to hear how they have been developing their confidence, independence and friendships whilst creating memories that will last a lifetime. We look forward to hearing all about their experiences when they return. A sincere thank you to the staff who have accompanied them, leaving their own families and working hard to ensure that the trip was well planned, and children were happy and safe whilst away.

Thank you to all families who support our high standards by ensuring children come to school wearing the correct uniform. Our school uniform helps foster a sense of belonging, pride and readiness for learning. As we move into the colder months, please note that **winter coats should be plain navy blue or black only**. Coats with patterns, large logos or decorative designs do not meet our uniform expectations. We would also like to remind parents and carers that children should wear school shoes every day, except on designated PE days, when they should attend school in their PE kit as outlined by their class teacher.

Following the holiday, we will be carrying out a uniform check across the school. We kindly ask all families to take this opportunity to ensure that their child has the correct uniform and is adhering to the school's uniform policy. Your support helps us maintain a smart and consistent appearance across the school community and ensures fairness for all pupils.

Continued on next page

Finally, we need to address an issue that continues to be a significant concern for both the school and our local community.

We have received a number of emails from parents and residents of **Herlwyn Avenue** regarding inconsiderate parking and dangerous driving at the beginning and end of the school day. Concerns have included vehicles parking across driveways, stopping on zig-zag lines, and driving unsafely within the rugby club car park. It is extremely frustrating that the actions of a small minority are putting the safety of children and adults at serious risk, while also causing inconvenience to our neighbours. As a school, we are proud to be part of this local community and have a responsibility to show consideration and respect to those who live around us. **The safety of our children must always come first.** We therefore ask all parents and carers to take extra care when dropping off and collecting their children. Please park legally and considerately, avoid blocking driveways, observe road markings, and drive slowly and cautiously at all times, particularly in areas where children are present.

No journey to or from school should create the risk of a serious accident. By working together and acting responsibly, we can help ensure that everyone arrives safely and maintain the positive relationships we value with our neighbours.

Thank you for your cooperation and continued support.

We wish everyone a happy and safe half term break,

Miss Morahan and Mrs Stockwell

Parents should be aware that you may receive a penalty notice for parking across a driveway, please see below:

what is a registered drop kerb

A **registered dropped kerb** is a driveway access point that has been officially logged in a council's database for parking enforcement purposes.

While a standard dropped kerb lowers the pavement to let vehicles cross safely, registering it gives the council the legal authority to penalise anyone who blocks it.

What it Means for Property Owners

Enforcement Power: Once registered, if a vehicle blocks your driveway, you can call the council's parking enforcement team. They can issue a **Penalty Charge Notice (PCN)** or, in some cases, tow the vehicle away.

Legal Access Protection: It officially establishes that the dropped kerb serves a live, active driveway, meaning motorists are legally forbidden from parking across it.

Peace of Mind: It gives you a direct line of recourse against anti-social parking without having to resort to private signs or disputes.

November - Month of the Holy Souls

We begin every November with the feast of All Saint and All Souls, and the entire month is dedicated to remembering and praying for those no longer with us. After half term, children are invited to bring in a photo of a loved one to place in our Chapel.

(Please also write your child's name/class on the back of the photo/drawing so that they can be returned to them).

The Chapel will be open every Friday morning during November. Please do join us.

Poppy Appeal

The Royal British Legion has launched it's annual Poppy Appeal. Children may support this appeal by purchasing items on Tuesday 3rd November and Tuesday 10th November. Year 6 children will visit the classes. We suggest a donation of £1.00.

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.

The Weduc Booking System will be available from **Saturday 31st October at 9.00am** to book appointments. Instructions have been sent on Weduc.

Phonics Workshop

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

Reception parents - Monday 16th November - 9am

Year 1 parents - Monday 23rd November - 9am

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 –
great focus and speed!

Patrick – 5SO

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

Please note Running Club will now stop over the Winter and
will return after February half term.

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

**Join the
fun!**

Hola!



¡Aprendemos, jugamos y nos divertimos! ♥

**BOOK
NOW!**

**Learn Spanish through songs,
games and play!**

Thursday 3.15 to 4.15pm

Term Time Only



**CONTACT
US**

Mrs Van der Lee

anavanderlee@gmail.com

T. 07804492792

anavanderlee.com

Ruislip Rugby Club



Saturday 7th November

Gates Open at 17.30

Display from 19.30

No Pets Please • No Sparklers • No Parking on Site
Please respect residents and their property in the area

£10.00

In Advance

£10.00

+ booking fees

On the night

£12.00



Book Now!

www.ruisliprugby.co.uk

**Barbeque &
Food available**
**Bar Open
from 6.00 p.m.**

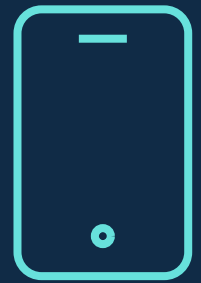


**West End Road
Ruislip HA4 6DR**



*Sponsored by:
Robert Cooper*

PHONE SAFE. PEOPLE FIRST.



Practical steps to reduce theft and get help when you need it.

01 On the way to school

- Keep your phone out of sight in a zipped pocket or bag. Put it away as soon as you finish using it.
- If you need to check a message or route, stop somewhere safe, away from the kerb. Look around before taking your phone out.
- Keep aware of people approaching, including on bikes or mopeds. Avoid distractions that stop you noticing your surroundings.
- Do not leave your phone on a table or hand it to someone you do not know. Follow your school's phone rules.

02 Set it up together

- Use a strong passcode, Face ID or fingerprint unlock, and a short automatic screen lock. Keep passcodes private.
- Turn on Find My and Stolen Device Protection on supported iPhones. On supported Android phones, enable theft protection and device finding.
- Hide lock-screen message previews, install updates and back up important information.
- Keep the IMEI and serial number somewhere separate. Dial ***#06#** to see the IMEI. Save a trusted adult's number somewhere other than the phone.

03 If someone threatens you

- **Your safety comes first.** Do not fight for a phone, chase someone or try to get it back yourself.
- Move to a safe, staffed place, such as a school office or shop, and ask for help. Tell a parent, carer or trusted member of school staff.
- If a tracker shows the phone's location, share it with police. Do not go there yourself.

04 Act quickly after a theft

- Use another device to mark the iPhone as lost at **icloud.com/find**, or use the manufacturer's Android locking service.
- Contact the network provider to block the SIM and handset. Tell your bank if payment apps or accounts may be at risk; secure your email and other accounts.
- **Do not remove a stolen iPhone from Find My.** Ignore messages claiming it has been found that ask for passwords, codes or removal from your account.

Parents and schools: agree a safe journey and a backup way to make contact. Reassure children: "Tell us straight away. We will help you." Reporting to school does not replace a police report.

REPORT IT. GET SUPPORT.

999 - if you are in danger, someone is injured, or the crime is happening or has only just happened. Use another phone or ask someone to call.

101 or met.police.uk - for a non-emergency report. Select "Report" then "Report a crime". Report threats and attempted thefts too, even if nothing was taken.

Help police: give the time, location, what happened, descriptions and direction of travel. Provide the IMEI and any tracking information. Keep messages and the crime reference number. Do not put yourself at risk to collect evidence.

Being targeted is never your fault. A phone can be replaced; you cannot.



Working together for a safer London

TERRITORIAL POLICING

Important information regarding Electric Scooters and Electric Bikes

Dear Parent/Guardian,

The Metropolitan Police Service is increasingly dealing with incidents involving e-scooters and e-bikes being used in an anti-social and dangerous manner.

Many parents purchase these vehicles for their children without realising there are legal restrictions regarding where and how they can be used.

Please be aware:

- Privately owned e-scooters and some e-bikes cannot be used on public roads, pavements or public spaces.
- Modified or illegally adapted e-bikes may be treated as motor vehicles in law.
- Riders can be reported for offences including careless driving, dangerous driving, driving without insurance and riding in an anti-social manner.
- Police have powers to stop and seize vehicles being used unlawfully or anti-socially.
- A seized vehicle may not be returned and owners can face recovery fees, fines and court proceedings.

We have received reports of e-scooters and e-bikes being ridden dangerously near pedestrians, schools, parks and shopping areas. These behaviours place both riders and members of the public at risk of serious injury.

In addition, we are increasingly seeing individuals in possession of e-bikes and e-scooters becoming targets for theft and robberies.

Parents and guardians are encouraged to:

- Check whether any e-bike purchased complies with UK legislation.
- Supervise children using such vehicles and discuss personal safety.
- Discuss road safety and responsible behaviour.
- Ensure children understand that police can seize vehicles being used illegally.

Our aim is to educate young people and keep our communities safe. However, where offences occur, enforcement action will be taken.

Thank you for your support.

Yours faithfully,

Metropolitan Police Service