



Friday 9th February 2024 - Newsletter 20 Sacred Heart Catholic Primary School

Georges Road, Holloway, London N7 8JN
Tel - 020 7607 3407 email - admin@sacredheart.islington.sch.uk
school website - www.sacredheart.islington.sch.uk



Children's Mental Health Week

This week is Children's Mental Health Week. We started the week with a special assembly led by Miss Le Fleming and Jude from Place2Be to introduce the theme 'Our Voice Matters'. We heard about inspirational children who have changed the world. We also looked at this important quote from Marcus Rashford: *"Finding your voice and purpose in life is one thing, but, very often, when it is time to use that voice and make a change, you will need a bit of teamwork to make things happen."* In class, the children then had a special lesson about 'Our Voice Matters,' and today dressed to *Express Themselves*. Have a look at our great outfits later in this newsletter.



Happy Half Term Break!

We wish you a restful half term break. We have an INSET day on Monday 19th February, so the children return to school on **Tuesday 20th February**.



MESSAGE FROM THE HEADTEACHER, MR. LANE

Yesterday, Thursday 8th February, was the Feast Day of one of our class saints, St Josephine. St Josephine is the name of one of our Year 6 classes whose teacher is Miss Spurgeon. Josephine Margaret Bakhita was born in 1869 and died on 8th February 1947. She was a Sudanese Italian Canossian religious sister who lived in Italy for 45 years, after having been a slave in Sudan. She is venerated as a modern African saint, And as a statement against the brutal history Of slavery. She has been adopted as the patron saint of modern Sudan and human trafficking survivors. In 2000, 53 years after she died she was canonised by Pope John Paul II as a saint in the Roman Catholic Church.



St Josephine
Margaret Bakhita

God of hope and peace,
touch our hearts and
energize our ongoing efforts
in abolishing human
trafficking, a heinous crime
against humanity, so that
every victim is freed and
every survivor's life
renewed. You blessed St.
Josephine Bakhita of Sudan
with compassion for others.
May her prayers comfort
and strengthen the women,
men, and children who are
in search of freedom.
Amen

Next Wednesday 14th February is Ash Wednesday which marks the beginning of Lent. The children will be learning about this important time of the liturgical year in their RE lessons and at assemblies at school. Once again this year we are supporting the Catholic Children's Society (CCS) through our Lenten Appeal. The CCS support the most vulnerable families in our society and we look forward to your amazing support again this year. During Lent, the children will also be visiting our Parish Church to learn about the Stations of the Cross.

This week I received a letter in the post from two grandparents of a child at our school. They had been to the O2 Arena last week and witnessed, with great pride and gratitude, their grandchild perform in the Young Voices concert. They were rightly very proud and wrote:

It is so lovely to receive letters like this from our families who we know appreciate the dedication and hard work of our staff like Miss Palmer and Mrs Smith, who go above and beyond to give our children such fantastic experiences.

We participated in Children's Mental Health Week this week which our children really enjoyed. The children especially enjoyed dressing up for our 'Dress to Express' so thank you for encouraging them to take part. Photos and news from other aspects of the day are included in the newsletter. This year the theme was 'My Voice Matters' which we, in partnership with Place2Be, place great importance on for the benefit of our children and families.

Next week is half term and I hope you have a good break. Remember that the children return to school again on Tuesday 20th February (Monday 19th February is an INSET Day).

Have a lovely half term break.
Mr. Lane

Dear Mr. Lane,

We were privileged to attend the O2 Arena last night for the Young Voices concert. It was a very enjoyable and moving experience to see and hear so many young children singing their hearts out complete with actions. I know there was a lot of music to learn and as a Church choir member myself for 50 years plus I know how much effort goes into making everything sound just right.

Miss Palmer did an amazing job especially as there were several concerts before Christmas to organise as well. Please pass on our congratulations.

Your/our children were a credit to Sacred Heart and we are sure it was an experience they will not forget.

Thank you for giving them the opportunity.

Yours sincerely
Two grateful grandparents.

Dress To Express

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**
5-11
FEB
2024





My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)

LENT BEGINS DURING HALF-TERM

Lent begins next week. There are two important days:

Shrove Tuesday (also known as Pancake Tuesday) - 13th February

Ash Wednesday - 14th February

There will be two services on Ash Wednesday in the parish church at 10.00 am and 7.00 pm. Please take your child along to one of the services.

Have a look at our Lenten Calendar and challenge yourself to try something new everyday.

Mission Together Lenten Calendar 2024



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|--|---|
| We will soon begin our Lenten journey to Easter. We pray that we may use this time to grow in love of God and each other. | 13 Shrove Tuesday. Find out why we eat pancakes today. * | 14 Ash Wednesday Why are ash crosses traced on our forehead today? * | 15 Why does Lent last forty days? * | 16 With your class, reflect and pray with the 1st and 2nd Stations of the Cross. + | 17 Many years ago Lent was a name for Spring. Capture both in Mission Together's Lent through a Lens challenge. * | 18 Find a quiet place and ask God to help you pray and share more this Lent. |
| 19 Yesterday's Sunday Gospel was Mk 1:12-15. What does it encourage us to do this week? + | 20 In Lent we give things up to put God and others first. What could you give up today? | 21 Jesus showed us how to be silent and still. Spend a minute being both now. | 22 Find out what the word 'sacrifice' means and why we practice this in Lent. | 23 With your class reflect and pray with the 3rd & 4th Stations of the Cross. + | 24 Tell your family about the Stations of the Cross and why we pray them in Lent. | 25 Find a quiet place and spend a little time talking to Jesus, our God and our friend. |
| 26 Yesterday's Sunday Gospel was Mk 9:2-10. What does it encourage us to do this week? + | 27 In Lent we listen to God and others more carefully. How can you listen well this week? | 28 Hear God speak to you today through: Creation The Bible Loved ones | 29 In Lent we try to change our ways for the better. What could you change today? | 1 MARCH Feast of St David. Find out what 'Dydd Gwyl Dewi Sant Hapus' means. * | 2 Tell a family member three things you have learnt about Lent this week. | 3 Find a quiet place and pray the Our Father for all hungry children in the world. |
| 4 Yesterday's Sunday Gospel was Jn 2:13-22. What does it encourage us to do this week? + | 5 Jesus taught us to be fair. How can we act with fairness today? | 6 In Lent we give what we can to help others. What help can you give today? | 7 Lent is a time to share more of what we have. Why is sharing important? | 8 With your class reflect and pray with the 7th & 8th Stations of the Cross. + | 9 Tell a family member why we pray more in Lent. Teach them your favourite prayer. | 10 Mothering Sunday. Ask God to bless mums and grandmas today. |
| 11 Yesterday's Sunday Gospel was Jn 3:14-16. What does it teach us about who Jesus is? + | 12 In Lent we reflect on God's mercy. Why is it important to be sorry and to forgive? | 13 Write a Lent prayer. Include the words: mercy, pray, share, Jesus, God, Holy Spirit. | 14 Say a Hail Mary for those who help people heal: carers, therapists, nurses, doctors. | 15 With your class reflect and pray with the 9th, 10th, 11th Stations of the Cross. + | 16 Lent is a time to say sorry and forgive. Ask God to help you and your family do both. | 17 Today we recall St Patrick. Find out why he is patron of Ireland. * |
| 18 Yesterday's Sunday Gospel was Jn 12:20-24. What does it teach us about what Jesus offers? + | 19 In Lent we pray and share to help those in need. Who shall we help today? | 20 Say the Our Father for farmers and for those who make the food we'll eat today. | 21 We're coming closer to Holy Week. Why is it the most special week of the Church year? | 22 With your class reflect and pray with the 12th, 13th and 14th Stations of the Cross. + | 23 Tomorrow is Palm Sunday. Tell a family member about the first Palm Sunday. | 24 Palm Sunday. Find a quiet place and thank God for sending Jesus to love and guide us. |
| 25 Yesterday's Palm Sunday Gospel was Mk 11:1-10. What does it teach us about who Jesus is? + | 26 Holy Week Today we recall Judas' bad decision. Ask God to help you make good choices this week. | 27 Today Jesus and his disciples planned the Last Supper. Thank God for the food you'll eat today. | 28 Maundy Thursday Why do Priests wash the feet of others at Mass tonight? | 29 Good Friday Sit quietly, be still, and thank Jesus for loving us all so much. | 30 Holy Saturday Today we wait as Jesus lies in the tomb. Say a prayer for those who are grieving today. | 31 Easter Sunday |

Calendar symbols: + refers to scriptures and reflections found in our Mission Together Celebrations of the Word, also to our Stations of the Cross. The * symbol refers to Lenten activities or Five Fact Saints Assemblies. These and additional Lent resources are available at missiontogether.org.uk/Lent Registered Charity No. 1056651



Save the Date- Parents' Evening

Parents' evening will be taking place on Tuesday 5th March and Thursday 7th March. Nursery will have an additional parents' evening on Tuesday 12th March.

Y4 St Catherine (Miss Jeffery) parents' evening will take place the following week on Tuesday 12th and Thursday 14th March.

Details on how to book a meeting will be emailed to you nearer the time.



INSET Day

Just to remind you that Monday 19th February is an INSET day, so the school will be closed to the children.

The children will return to school on Tuesday 20th February.



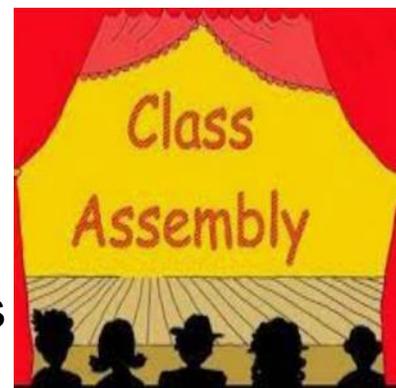


One child per class is awarded a VIP certificate in our celebration assemblies. They also get lunch on a specially decorated table with table service!

| Child's Name | Key | Reason |
|---------------------------|-------------------|--|
| Freddie St Francis | Hunger to Achieve | Freddie has been working really hard on his handwriting and has used the correct punctuation in his work. |
| Ayla St Brigid | Power of Me | VIP has been awarded to Ayla for showing resilience in her reading and writing. |
| Sapphire St Teresa | Power of Me | VIP this week is for Sapphire who has worked really hard in Maths this week to show division skills! She always makes an effort to make sure her work is neat and presentable. Keep it up Sapphire! |
| Charlie St John Paul | Hunger to Achieve | Charlie consistently shows a Hunger to Achieve and has written a wonderful narrative 'King Charlie and the Beanstalk' this week, which included some fantastic expanded noun phrases! Keep up the fantastic work Charlie! |
| Florence St Bernadette | Community Unity | Florence was very welcoming to a new member of our class and made sure that they felt welcomed and at ease. She went out of her way to help and guide this person and showed what a good friend she was. Thank you, Florence. |
| Adonay St Martin | Hunger to Achieve | Adonay has really impressed me this week with the vocabulary used in his story. He has worked hard to create a beginning, middle and end with lots of interesting language. I look forward to reading your next piece of writing, keep up the great work! |
| Isabelle St Catherine | Hunger to Achieve | Isabelle has shown a Hunger to Achieve in her swimming lessons this week. She has faced some obstacles but has never once given up and has overcome them. Her efforts have seen a great improvement in her swimming skills. We are so proud of her! |
| Miia St Elizabeth | Hunger to Achieve | This week is Miia for her excellent letter to Romeo! She used original, imaginative ideas to create a letter full of passionate language and heartfelt compliments. She listened carefully to the features she should include and even added some of the famous story language from the book. Great work Miia. |
| Isabella St Benedict | Hunger to Achieve | Isabella always tries her very best and puts a lot of effort into all she does, she has a positive learning attitude and has made loads of progress in her reading and writing! Well done, keep up all the hard work! |
| Ela St Faustina | Hunger to Achieve | Ela has demonstrated a 'Hunger to Achieve' this week, she wrote an amazing dual character description and met all aspects of her success criteria numerous times. She has been trying her best in all her learning and knows that when she is ready to learn she can achieve great things! |
| Riley St Maximillian | Hunger to Achieve | Well done Riley for being really resilient and trying your hardest during our assessment week. You are really proving that you are ready to learn and succeed. |
| Melaine St Josephine | Hunger to Achieve | A big well done to Melanie who has demonstrated 'A Hunger to Achieve' this week during Assessment Week. Melanie has been extremely focused with her learning and has scored very well across all subject areas. Keep it up! |

CLASS ASSEMBLIES

Each class will be having one more class assembly this academic year, some will be this term and others in the Summer Term. We look forward to seeing you at your child's class assembly.



All assemblies start at 9:45am.

Friday 15th March Y4-St Catherine
 Friday 22nd March Y2- St John Paul
 Thursday 28th March Y5-St Benedict
 Friday 10th May Y1- St Francis
 Friday 17th May Y2-St Teresa
 Friday 24th May Y3-St Martin
 Friday 21st June Y3-St Bernadette
 Friday 28th June Y1- St Brigid
 Friday 5th July R-St Jude
 Friday 12th July R-St Peter
 Friday 19th July Y6- St Maximilian and St Josephine

WEEK 3
22/01/24, 19/02/24, 11/03/24

MENU

Eat the Rainbow

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-----------------------------------|--|---|--|--|--|--|
| Mains HAPPY TUMS | Mexican Beef Chili Con Carne with Crushed Nachos and Sour Cream (Mk) | Creamy Chicken Korma Curry (Mk, Mu) | Roast Pork, Stuffing and Gravy (G) | Italian Beef and Mozzarella Pancake Bake (E, G, Mk) | Fish Fingers (F, G) | Green JANUARY 18th - Hungry Caterpillar Day |
| Veggie MEAT FREE | Mexican Chili Con Veggie with Crushed Nachos and Sour cream (G, Mk) | Potato and Chick Pea Southern Indian Curry (Mk, So) | Cheesy Leek and Carrot Crumble (G) | Roasted Vegetable and Mozzarella Pancake Bake (E, G, Mk) | Cheese and Onion Puff Pastry Patty (E, G, Mk, So) | Purple FEBRUARY 9th - Chinese New Year |
| veg EXTRA GOOD | Sweetcorn and Peppers Cauliflower | Roast Carrots Green Beans | Braised Red Cabbage (G) Leeks | Italian Marinated Coleslaw (E, Su) Chef's Salad | Garden Peas Baked Beans | Red MARCH 7th - World Book Day 15th - Red Nose Day |
| Carbs FUEL FOOD | Steamed Rice | Bombay Potatoes or Turmeric Rice | Roasted Potatoes | Accent Garlic Focaccia Fingers (G, Mk) | Chips | Orange APRIL 23rd - St George's Day |
| Dessert SOMETHING SWEET | Upside Down Pineapple Cake (E, G, Mk, Su) | Fresh Fruit or Yoghurt (Mk, So) | Fresh Fruit or Yoghurt (Mk, So) | Fresh Fruit or Yoghurt (Mk, So) | White Chocolate and Raspberry Cookies (E, G, Mk, So) | |

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

ALLERGENS

| | | | | |
|-----------------|-------------------------------|---------------|--------------|----------------------|
| Ce = Celery | F = Fish | L = Lupin | Mu = Mustard | Se = Sesame Seeds |
| Cr = Crustacean | G = Cereals containing Gluten | Mk = Milk | N = Nuts | So = Soya |
| E = Eggs | | Mo = Molluscs | P = Peanuts | Su = Sulphur Dioxide |

THE WEDNESDAY WORD

Parents/carers are emailed the Wednesday Word every week. Please take the time to read it with your child(ren). There are some lovely activities which you can do with your child(ren) and also link in with your child's Religious Education lessons in schools and with the liturgical year.

Wednesday 7th February  **Good News for Families**

1 Enjoy reading this Sunday's Gospel

One day a man who had leprosy came to Jesus because he wanted to be healed. The man knelt in front of Jesus and said, "If you want to, you can heal my leprosy." Jesus was filled with compassion and said, "Of course I want to." Then Jesus reached out to touch him and said, "Be healed!" At once the man's leprosy disappeared and he was healed. Before sending the man on his way Jesus said firmly, "Don't tell anyone about this. Just go and show yourself to the priest, and take an offering to the Temple as commanded by Moses, and everyone will know that you have been healed." But, instead, the man went and told everyone what had happened. This meant that Jesus could no longer go openly into any town, but had to stay out in the country. Even so, people would still come to him from everywhere around.

Taken from the Gospel of Sunday 11th February 2024 CE, Mark 1:40-45 (the 6th Sunday in Ordinary Time, Year B)

Which words stood out for you in this Gospel, and why? What does the picture make you think about? Now enjoy exploring this Wednesday's word, which is **COMPASSION**.



To colour the picture for this Sunday's Gospel, please see the back page.

Illustration: Marcus Stock, Bishop of Leeds © Copyright 2024 The Wednesday Word™

2 Wednesday's Word **COMPASSION** 

"The compassion of God, his suffering-with-us, gives meaning to our struggles and our sufferings." Pope Francis

What was Jesus filled with when the leper knelt down in front of him? Jesus has compassion for all those who are left out: he came to take away fear, loneliness and bullying - to help people feel loved and accepted. We can experience Jesus' compassion through other people and through spending time in prayer. Ask your child what the word 'compassion' means to them. Has your child ever been left out or felt rejected? Ask them if they can remember a time when someone showed them compassion. What was it like to know that someone really cared about their situation and feelings?

"We should strive to keep our hearts open to the sufferings of other people, and pray continually that God may grant us that spirit of compassion."
St Vincent de Paul

To be compassionate is to share someone's suffering - to feel sorrow for their situation and to do something about it. Compassion is an attractive quality. Our own example in daily life can help our children become more compassionate. Ask your child if they can remember when they last felt sorry for someone and helped them. Who is the most compassionate person they know? How does that person show their compassion? As a family, ask yourselves, "Is there anyone who needs our compassion and our help at this time? What could we do?"

Dear Lord Jesus, please increase our faith in your love and compassion, and give us the compassion and strength to help us to care for all those who are left out. Amen.

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

| | |
|---------|------------|
| MAN | KNELT |
| JESUS | COMPASSION |
| REACHED | TOUCHED |
| LEPROSY | HEALED |

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY

Cross out the letters **E O F** in the 4 jumbled words to find 4 real words.

h e f a i l o e d f o m a i n i c a f m o e b o e c i a f u s e
A _____ who had leprosy _____ to Jesus
_____ he wanted to be _____

DID YOU KNOW? 11th February, is the Feast of Our Lady of Lourdes ('Lourdes' is a place of healing and compassion). Find out more about Our Lady of Lourdes in the children's section: wednesdayword.org and see the 'SAINTS FACTFILES' section.

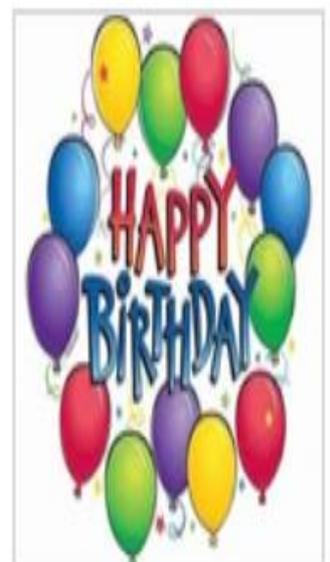
Write a promise and then draw a big smile on Smiley!
This week I will try my best to...
.....
.....
.....



HAPPY BIRTHDAY

We wish the following pupils a very happy birthday for the next two weeks:

- Sophia (Reception), Jacobi (Reception), Kaelan (Y5), Deborah-Faith (Y3), Gabriella (Y4), Oliver (Y6), Henry (Y6), Efrata (Y4), Giovann (Y4), Zachary (Y3), Jack (Y4), Melanie Faith (Y5), Sean (Nursery), Olivia (Y4), Olivia (Y1), Ariella (Nursery)



EYFS Phase News

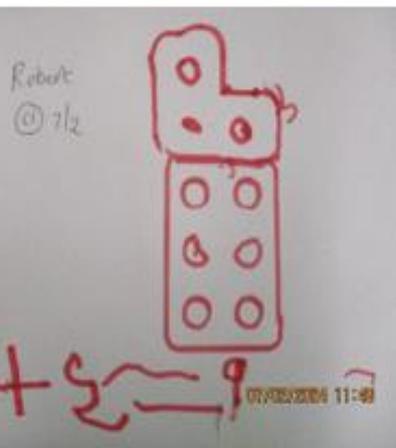
Nursery: St Anthony & St Nicholas:

We have been using "Row Your Boat" in this week's phonics rhyme time and decided to make our own boats. The children tested them out and were delighted when they floated. Evie discovered "My sponge boat floats but my Lego boat sinks" when it capsized as soon as she put it in the water. They also used moving water to make them slide down chutes. Edwin discovered he could make his boat move by blowing it commenting, "We blow it and it moves like the wind". They experimented with placing objects in their boats to see if they would still float and found that if they put too many shells in the boats made from foil, they sank.



Reception: St Peter & St Jude:

For the last few weeks, Reception have been working really hard on their composition of numbers to 10. We have explored adding 2 or more numbers together to make numbers right up to 10 in a variety of ways including using Numicon, Number Blocks, our fingers and cubes! Valentina & Sebastian even dressed up as "Number Blocks"! Sebastian commented, "I'm a 4 and a 3" when dressed as number 7!



KS1 Phase News

Year 1-St Brigid

In our Art lesson we learned about the artist Lubaina Himid. We looked at the way she uses texture and colour to create collages. As a class, we created a winter themed collage using Lubaina's style.

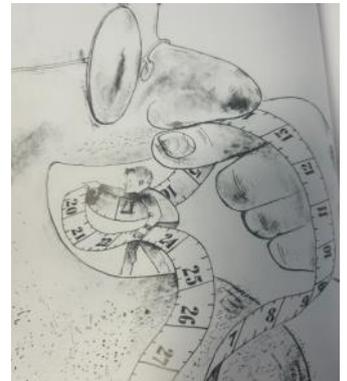


Year 1-St Francis

This week St Francis' class visited London Zoo! We really enjoyed our day and identified lots of different animals. We even found Percy the Penguin who visited us in class last week.

Year 2-St Teresa

In English, we have been reading Jim and the Beanstalk! We have really enjoyed it and loved finding out how different Jim is from Jack in the traditional tale. This week, we decided to write our own versions with our own characters climbing up the beanstalk and meeting the giant. We worked really hard to include lots of expanded noun phrases, conjunctions and tricky spelling words!



$$20 \div 4 = 5$$

Total number of items
Number of items in each column
Number of columns

$$20 \div 5 = 4$$

Total number of items
Number of items in each row
Number of rows

Year 2-St John Paul

In St John Paul this week we have been sharing equally to answer division problems. We have been drawing arrays to help us answer calculations. Ask us to show you how we do this at home!

LKS2 Phase News

In St Martin de Porres we have been learning different shading techniques in our Art lessons. We have been looking at the artist Jason-Gathorne Hardy for inspiration and on Friday created our own landscape sketches in preparation for collaging next week. As we are learning about the Stone Age in our History lessons our landscapes included caves.



For the past two weeks, St Catherine's class have been attending swimming lessons at Highbury Pool. It has been a brilliant few weeks, with the children improving their skills. We are so proud of their attitude to the sessions and they deserve a well-earned rest over half term!



This term Y4 St Elizabeth has had the pleasure of cricket sessions from Platform Cricket! We have had sessions focused on batting, catching and throwing. During each one, we worked to develop each individual skill before applying it to a match situation. Coach K helped us as players and as a team, and we all improved in the 5 sessions we had with him.



UKS2 Phase News

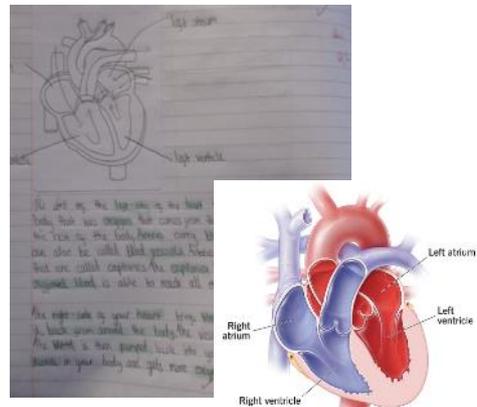
This week, in RE, Year 5 Saint Faustina have been creating informative posters about Miriam from the Old Testament and how she helped her community. We included information about two stories from Exodus and two from Numbers, which tell us about her life, her impact on Moses life and how she helped her community.



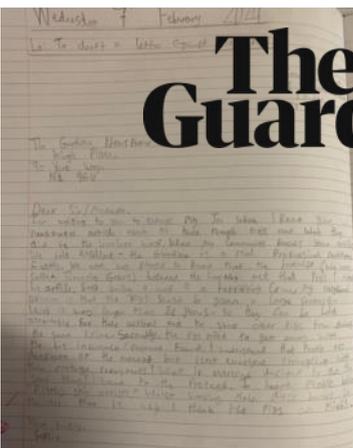
Year 5 Saint Benedict have been learning about the properties of materials in our Science lessons and recently we investigated the best material for a lunch box! We tested different materials and found out that plastic was the most suitable as it kept the coolest during the investigation with ice. We also discussed what thermal insulator and thermal conductor means.



In Science this week, Year 6 Saint Maximilian have been exploring the function of the heart and how it transports blood around our bodies. We labelled our own diagrams of the heart to show the direction of blood flow and which vessels carry the blood around the body.



The Guardian



In English, Year 6 Saint Josephine have been writing letters to the Guardian Newspaper about the three little pigs and the wolf. We wrote one letter in favour of the pigs and another against the pigs. We have included lots of letter features (addresses, the date etc), relative clauses, tricky spelling words and a range of conjunctions.

INFORMATION ON PACKING THE LUNCHBOX/SNACK

Sacred Heart healthy school information



A balanced packed lunch should contain:

- Starchy foods - These are bread, rice, potatoes and pasta, and others.
- Protein foods - These are meat, fish, eggs, beans and others.
- A dairy item - This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give kids bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.



Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit or dried fruit. Vary the fruit each day and get them to try new things, like kiwi or melon.

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

Making the change

It may take a while for your children to get used to a healthier lunchbox. But it will be worth it for their health, so keep trying.

You can help by eating a wider range of foods at home, as a family.

Reading supermarket food labels can help you to buy healthier foods for your child's lunch, and for family meal times.



Chocolate and cakes can be saved for occasional treats. Remember to praise your child when they've tried something new, to show your encouragement. You can find lots of ideas for healthy lunches on the change for life website;

www.nhs.uk/Change4Life

Our policy

Here at Sacred Heart we pride ourselves on being a school that promotes health and wellbeing.

Our school dinners provide a balanced diet for all our pupils. The expectation is that packed lunches and snacks also provide a balanced diet for those pupils choosing this option.

As part of our policy;

We do not accept foods high in sugar, salt or fat - crisps, sweets, chocolates, biscuits, processed foods etc.

We do not accept any other liquid apart from water being provided for the school day.



The healthy schools team are happy to aid parents where necessary. Please ask at reception.

Exclusive to Place2Be schools

Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with **extra tools to deal with everyday parenting challenges**.

The course aims to help you **strengthen your relationship with your child** and **respond helpfully to challenging behaviour**. You can also join discussions with other parents in your group from across the UK.

Designed to fit around busy family lives, the 4-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



Learn more at
place2be.org.uk/family
or talk to the Place2Be
staff member in your
school.

Or scan me



**Adult Community Learning in association with
Bright Start at Paradise Park Children's Centre**

ESOL with Toddlers

English for Parents with their Children

- Make friends
- Improve your reading and writing skills
- Improve your conversation skills
- Learn how to say and read numbers and many more things!

Suitable for beginner ESOL parents and children under 4.

Dates and times of the next course:

Wednesday 21st February to Wednesday 27th March
(6 week course)
9.30 to 11.00

**Paradise Park Children's Centre,
164 MacKenzie Road, London N7 8SE**

To book a place call 020 7527 4089 or email:
brightstartsouth@islington.gov.uk

SUPPORTED BY
MAYOR OF LONDON



 **ISLINGTON**
For a more equal future

| SPRING TERM 2024 | | TOTAL DAYS |
|---|---|-------------------|
| <i>Monday 8th January 2024 – Thursday 28th March 2024</i> | | 54 |
| Start Date | Monday 8 th January 2024 | |
| Finish Date | Thursday 28 th March 2024 | |
| INSET DAY | Monday 19 th February 2024 | |
| Children return to school | Monday 8 th January 2024 | |
| HALF TERM (Mon – Fri) | 12 th – 16 th February 2024 | |
| Last day of term for children | Thursday 28 th March 2024 | |
| Last day of term | Thursday 28 th March 2024 | |

| | |
|-------------------------------------|--|
| <i>Good Friday (Bank Holiday)</i> | <i>Friday 29th March 2024</i> |
| <i>Easter Sunday</i> | <i>Sunday 31st March 2024</i> |
| <i>Easter Monday (Bank Holiday)</i> | <i>Monday 1st April 2024</i> |

| SUMMER TERM 2024 | | TOTAL DAYS |
|--|---|-------------------|
| <i>Monday 15th April 2024 – Tuesday 23rd July 2024</i> | | 66 |
| Start Date | Monday 15 th April 2024 | |
| Finish Date | Tuesday 23 rd July 2024 | |
| INSET DAY(S) | Monday 22 nd July 2024 Tuesday 23 rd July 2024 | |
| Children return to school | Monday 15 th April 2024 | |
| May Bank Holiday | Monday 6 th May 2024 | |
| HALF TERM (Mon – Fri) | 27 th – 31 st May 2024 | |
| Last day of term for children | Friday 19 th July 2024 | |
| Last day of term | Tuesday 23 rd July 2024 | |

| | | |
|-------------------|---------------------|------------|
| TOTAL DAYS | 75 + 54 + 66 | 195 |
|-------------------|---------------------|------------|

| INSET DAYS (5) | |
|-----------------------|---------------------------------------|
| 1 | Monday 4 th September 2023 |
| 2 | Friday 22 nd December 2023 |
| 3 | Monday 19 th February 2024 |
| 4 | Monday 22 nd July 2024 |
| 5 | Tuesday 23 rd July 2024 |

THESE DATES ARE FROM SEPTEMBER

| AUTUMN TERM 2024 | | TOTAL DAYS |
|--|--|-------------------|
| <i>Monday 2nd September 2024 – Friday 20th December 2024</i> | | 75 |
| Start Date | Monday 2 nd September 2024 | |
| Finish Date | Friday 20 th December 2024 | |
| INSET DAY(S) | Monday 2 nd September 2024 TBC | |
| Children return to school | Tuesday 3 rd September 2024 | |
| HALF TERM (Mon – Fri) | 28 th October – 1 st November 2024 | |
| Last day of term for children | Friday 20 th December 2024 | |
| Last day of term | Friday 20 th December 2024 | |

| SPRING TERM 2025 | | TOTAL DAYS |
|--|---|-------------------|
| <i>Monday 6th January 2025 – Friday 4th April 2025</i> | | 60 |
| Start Date | Monday 6 th January 2025 | |
| Finish Date | Friday 4 th April 2025 | |
| INSET DAY | TBC | |
| Children return to school | Monday 6 th January 2025 | |
| HALF TERM (Mon – Fri) | 17 th – 21 st February 2025 | |
| Last day of term for children | Friday 4 th April 2025 | |
| Last day of term | Friday 4 th April 2025 | |