



Friday 3rd November - Newsletter 8 Sacred Heart Catholic Primary School

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KS2 Mass

On Wednesday 1st November, staff and children in Key Stage 2 joined parishioners at 10 am for the Feast of All Saints. Fr. Spencer was delighted with our children's participation and engagement.

During the Mass, our recently appointed Chaplaincy Team were introduced and blessed by Fr. Spencer before Mr. Lane presented them with their badges, which will identify their role within our community. Members of the Chaplaincy Team read during Mass with everyone doing so with aplomb!

Fr. Spencer reminded us that Saints are real people like you and me who dedicate their lives to God, often serving others selflessly throughout.

Congratulations to each member of our Chaplaincy team; we look forward to your service and significant contribution to the Catholic Life at Sacred Heart!



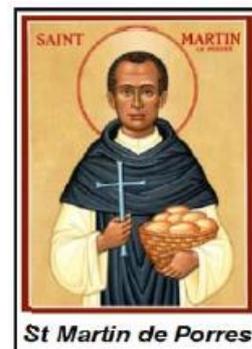
MESSAGE FROM THE HEADTEACHER, MR. LANE

This week we entered the month of November which is the month we remember. **IN NOVEMBER WE REMEMBER.** We will be learning about this a lot in school over the coming weeks which your child should be able to tell you about. We will also feature what we are doing in our weekly newsletter.

This week I had the pleasure of attending Mass to celebrate the Feast of All Saints with pupils from Key Stage 2, some of our parents/carers and some of our parishioners. Fr. Spencer led a beautiful Mass and I was honoured to be able to present the children who were successful in their applications to be part of the Chaplaincy Team. Fr. Spencer blessed these children and also blessed their badges. For the remainder of this academic year they will work with our Assistant Headteacher, Mr. Bragg, and I know they will do their very best to make a positive contribution in their new roles.



Today, Friday 3rd November, is the Feast Day of one of our class saints, St Martin De Porres, which is the name of one of our Year 3 classes whose teacher is Miss Smith. St Martin was born in Lima, Peru, in 1579. He died on 3rd November 1639. He was noted for his work on behalf of the poor, establishing an orphanage and a children's hospital. He was also known for his ability to communicate with animals. St Martin was canonised in 1962 and is the patron saint of mixed-race people, barbers, innkeepers, public health workers, and all those seeking racial harmony.



It was lovely to see so many parents/carers in school on Tuesday and Thursday this week to meet their child's teacher to see how their child(ren) is progressing in school. Thank you to everyone who attended and gave such positive feedback. Research shows that the stronger and more positive the partnership between home and school the better the outcomes are for our children so thank you for your continued commitment in supporting us in wanting your/our children to do well.

A BIG welcome to Jude Hick, our new Place 2 Be project manager who started this week. Jude has enjoyed her first week and is spending time getting to know our children, our parents/carers, our staff and our community. When you see her please make sure you say hello and give her a friendly Sacred Heart welcome.

There is altar server training taking place in our Church tomorrow, Saturday 4th November, from 10:30 to 12:00. If you have already made your First Holy Communion and would like to become an altar server why not go along and find out a bit more about what the role involves.

The deadline for signing up for First Holy Communions in 2023-24 has been extended to this Sunday 5th November. I know some parents/carers signed up this week at parents' evening. You can collect a registration form at Church this week-end for your child to sign up. Remember this is for children in Year 3 and above.

Have a lovely weekend.

Mr. Lane

Black History Month Assembly

Today the children performed the songs they have been preparing as part of our music unit around Black History Month. Every year group focused on a different genre, the origins of this genre and prepared music and dance moves to share in the assembly.

Year 1 performed 3 Little Birds by Bob Marley

Year 2 performed I Wish I Knew How by Nina Simone

Year 3 performed Oh Happy Day from Sister Act

Year 4 performed Blinded by Your Grace by Stormzy

Year 5 performed Blame It on the Boogie by Jackson 5

Year 6 developed their own lyrics based on Johnny B Goode's song



Welcome



We would like to welcome Jude Hick our new Place2Be Project Manager. Jude will be continuing to lead our partnership with Place2Be by providing mental health support for our school community. Find out more about Jude in our 'Meet The Staff' section of this newsletter. If you would like to speak to Jude please ask for her at the office.

NATIVITY PLAYS AND CONCERTS

The dates for the nativity plays and concerts are listed below.

Tuesday 12th December 10:00am

Nursery Christmas performance for parents/carers

Wednesday 13th December 10:00am

Reception Christmas performance for parents/carers

Friday 15th December 10:00am

Year 1 Christmas performance for parents/carers

Friday 15th December 2:00pm

Year 2 Christmas performance for parents/carers

Monday 18th December 10:00am

Year 3 Christmas performance for parents/carers

Monday 18th December 2:00pm

Year 4 Christmas performance for parents/carers

Tuesday 13th December 10:00am

Year 5 Christmas performance for parents/carers

Wednesday 14th December 10am

Year 6 Christmas performance for parents/carers

Because of data protection parents/carers are not able to film or record the nativity plays this year.

FRIENDS OF SACRED HEART (FOSH)



Old uniform

FOSH would like to host another uniform sale soon. If you have any unwanted uniform that you would like to donate for the sale please bring it to the office.

| December 2023 | | | | | | |
|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Save the date

We will be having the Christmas Fate on Thursday 7th December. More information to come soon.

Thursday 7th Dec 2023

Reception Parent Information Session

Come along to our Reception phonics/maths information session on Wednesday 15th November 3:45-4:45. This session aims to support parents in understanding the approach to reading and early number in Reception.

The meeting will take place in the Reception classrooms. Childcare will be provided for school-age children.



Diwali Special Menu

On Monday 13th November we will be having a special Diwali themed lunch. Have a look at the tasty menu below.



Diwali
Special Menu

Mild Beef Rogan Josh
with Pilau rice
(Ce)

or

Sweet Potato Curry
with Pilau Rice

~~~~~

Toasted Spiced Chickpeas

Naan Bread  
(G)

~~~~~

Cardamom Butter Biscuits
(G, Mk)

Fresh Fruit

**LOOK OUT!
ALLERGENS**

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

CLASS ASSEMBLIES

We have a full schedule of class assemblies planned for this term to which parents/carers are warmly invited to attend.

Please note the date of your child's class assembly so you can put this in your diary. All assemblies start at 9:45am.



Thursday 9th November - Y6 St Maximilian

Thursday 16th November - Y1 St Francis

Friday 17th November - Y5 St Benedict

Thursday 23rd November - Y3 St Bernadette

Friday 24th November - Y1 St Brigid

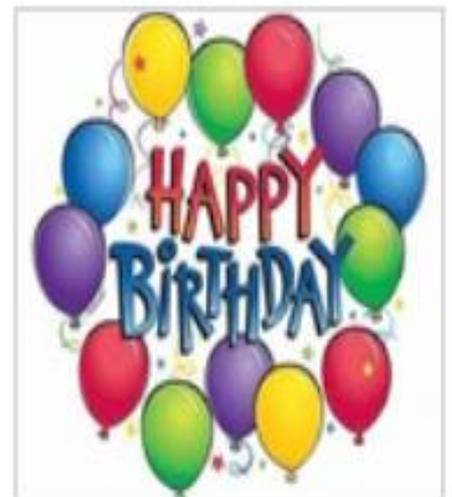
Friday 1st December - Y2 St John Paul

Friday December 8th- Y2 St Teresa (change of date)

HAPPY BIRTHDAY

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

Brenna-Rose (Y3), Julio (Y2),
Claudia (Y4), Amelia (Y4),
Arianna (Reception), Maabell (Y3),
Yoile (Y4) and Marissa (Y5)



School Uniform Expectations

Below is our uniform expectations. Moving forward we will be focusing on the correct uniform and general uniform standards. Children will bring home a small slip as a reminder if they are not wearing the correct uniform. FOSH will be organising a uniform tabletop sale over the next few weeks and as always uniform is available to buy from Rough Cuts in Chapel Market N1. Thanks in advance for your continued support and cooperation.

| SACRED HEART UNIFORM EXPECTATIONS | |
|-----------------------------------|--|
| Top | Standard Sacred Heart green polo shirt Summer variation – blue gingham summer dress |
| Sweatshirt | Standard Sacred Heart blue sweatshirt Dark blue plain cardigan – no logo |
| Bottoms | Grey full-length trousers Grey knee-length skirt Summer variation – grey shorts Nursery variation – grey tracksuit bottoms |
| Shoes | Plain all black shoes, no logos, designs or embellishments. No boots or wellingtons are to be worn in school. No flip flops or crocs. |
| Socks | Plain blue, black, grey or white standard socks. Ankle or knee-high length. |
| Tights | Black, grey or navy cotton tights. No patterns or embellishments. |
| Bags | Standard Sacred Heart school book bag Standard Sacred Heart small rucksack Standard Sacred Heart large rucksack Standard Sacred Heart drawstring PE bag |
| Hat | Sacred Heart peak cap Sacred Heart woolen hat |
| Hair accessories | Black, brown, blue or green elastic bands Black, brown, blue, green or silver clips Black, brown, blue or green hairband Plain accessories only Hair extensions to be of a natural colour Hair shoulder length or longer to be tied back No extreme hairstyles or colours No large bows |
| Jewellery | Earrings – plain sleepers or studs Watch for the purpose of telling the time No smart watches (e.g. Apple watches) Small religious necklaces, which must be worn under the uniform No other jewellery to be worn |
| PE Kit | Standard white Sacred Heart PE top or plain white t-shirt Blue shorts Suitable trainers Nursery/Reception variation – black plimsolls Winter variation – plain grey or navy blue tracksuit bottoms |
| Winter clothing | Plain coloured winter coat (preferably dark) Sacred Heart School logo waterproof jacket Plain coloured winter scarf Plain coloured winter gloves Plain coloured winter hat/ Sacred Heart woolen hat No logos or excessive designs No excessively styled hats, scarves or gloves |
| Make-up | No make-up to be worn |



One child per class is awarded a VIP certificate in Friday's celebration assemblies, led by Mrs McCormick. They also get lunch on a specially decorated table with table service!

| Child's Name | Key | Reason |
|--------------------------|-------------------|---|
| Poppy St Francis | Community Unity | Poppy has been a good friend to others, caring for them when they are upset or hurt. Well done Poppy! |
| Ariah St Brigid | Hunger to Achieve | Ariah for always giving her best in all she does. Her attitude since returning from holiday has been exceptional. She has shown that she is responsible and respectful. Well done Ariah! |
| Maddie St Teresa | Hunger to Achieve | VIP this week is for Maddie who has worked really hard this week on her focus in class and her English work. She wrote a fantastic poem and used her neatest handwriting! Keep it up Maddie! |
| Esme St John Paul | Hunger to Achieve | Esme has demonstrated Hunger to Achieve all week by trying really hard with her handwriting and spelling. She has written some amazing sentences. Well done! |
| Ayomide St Bernadette | Hunger to Achieve | Ayomide has shown a Hunger to Achieve throughout our lessons. She has worked particularly hard during out Reading sessions. |
| Elijah St Martin | Hunger to Achieve | Elijah has really pushed himself in our lessons this week to complete all of his work and challenge himself, especially in our Writing and Maths lessons. He is eager to do well and this is paying off with some great pieces of work completed this week. Keep up the great work! |
| Aiden St Catherine | Hunger to Achieve | Aiden has shown a 'Hunger to Achieve' in his Maths this week, having worked exceptionally hard with his work on fractions! |
| Donnie St Elizabeth | Hunger to Achieve | Donnie is an all round superstar. He tries hard in every single lesson, even when he finds it tricky. He sets an excellent example with his choices because he shows Ready, Respectful and Safe at all times! Well done Donnie. |
| Kairo St Benedict | The Power of Me | Kairo for displaying 'The Power of Me'. Kairo has become more confident in the last two weeks and knows that his best is good enough. He puts a lot of effort into all of his learning and confidently shares his knowledge with the class. He was also a fantastic role model on our trip to the Science Museum this week. Well done, Kairo! |
| Eddie St Faustian | The Power of Me | Eddie has demonstrated the Power of me this week. He is always Ready, Respectful and Safe and has a positive attitude to his work and tries his best with all of his learning. Keep it up Eddie! |
| Elodie St Maximillian | The Power of Me | Elodie is our class VIP for the Power of Me. Well done for working hard in your Maths this week and never giving up! Keep it up! |
| Roda St Josephine | Community Unity | A huge well done to Roda who has demonstrated 'Community Unity' and 'A Hunger To Achieve'. Roda has recently been appointed to the school's Chaplaincy Team and read beautifully to the congregation during All Saint Mass. Roda has also helped Mr Bragg with selling poppies. As well as this, Roda is working extremely hard in Maths and has mastered multiplication and division! Keep up the hard work! |

THE WEDNESDAY WORD

Parents/carers are emailed the Wednesday Word every week. Please take 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
1st November

Good News
for Families

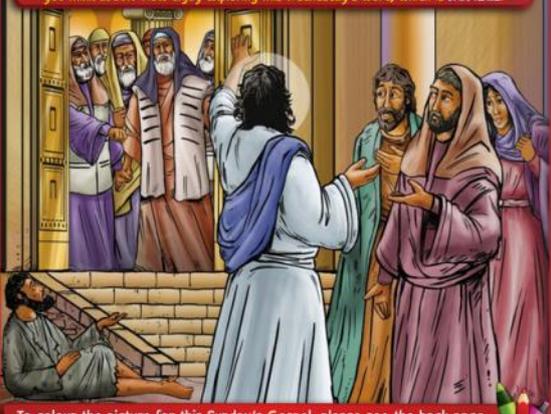
1 Enjoy reading this Sunday's Gospel

One day, Jesus said to the crowds and his disciples, "The teachers of the law and the Pharisees are experts in the law of Moses. So, you should do what they tell you to do and listen to what they say. But do not copy what they do, because they do not practise what they preach; they don't do what they teach other people to do. They love to have people pay special attention to them and to be called 'teacher'. But do not copy them. Do not call each other teacher. You are all like brothers and sisters and there is only one teacher, the Christ. The one who is greatest among you should be the servant of others. If you put yourself above others, you will be humbled, but if you humble yourself, God will make you great."



From the Gospel of Sunday 5th November 2023 cf. Matt. 23:1-12 (the 31st Sunday in Ordinary Time)

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 **HUMBLE**.



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

2 Wednesday's Word

HUMBLE 

"Being humble helps us share the problems of others. When we live humbly, God takes our small efforts and creates great things."

Pope Francis

What did Jesus say would happen to those who humble themselves? This Sunday's Gospel reminds us that God will reward those who are humble. Ask your child what the word 'humble' means to them. What makes a humble person? (Parent help - humble people do not boast and are honest about their weaknesses - they are not afraid to say 'sorry' to one another [or to God] when they are wrong. Humble people notice and praise other people's strengths and successes and remember to regularly give thanks to God for their own gifts). It may help your child if you talk about someone who you think is humble, and say why.

God is pleased with those who are humble. A humble person knows that all good comes from God and that any talents we have are gifts from God. There are many blessings in life - let's not just take them for granted. How can we grow in humility in the coming weeks? Perhaps we can: avoid boasting; recognise and praise other peoples' gifts; be happy about other peoples' achievements; say sorry to each other when we know we're wrong; say sorry to God if we have done wrong; remember to thank God for the many blessings in our lives. As a family, you might like to finish this evening's special time by thanking God together.

Dear Lord Jesus, we thank you for all our blessings and gifts. Please help us to grow in humility - to be **humble** and loving at all times. Amen.

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| G | C | E | S | R | E | H | T | O | R | B |
| R | H | L | C | H | R | I | S | T | S | H |
| E | U | B | R | O | S | R | E | H | T | O |
| A | M | B | R | O | T | H | E | R | S | O |
| T | T | U | R | H | T | A | B | R | V | I |
| T | H | O | S | R | E | T | S | I | S | |
| S | A | A | B | S | E | R | V | A | N | T |
| I | C | H | C | H | R | G | H | V | H | E |
| R | H | V | T | H | U | M | B | L | E | R |
| H | E | O | C | S | E | V | R | B | C | S |
| C | R | T | N | A | V | R | E | S | H | T |

SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY

Cross out the letters **b f** in the 4 jumbled words to find 4 real words.

bishofuld fothierbs obnief bamfoing
Jesus said, "The _____ who is greatest _____
you _____ be the servant of _____."

Today, Wednesday 1st November, is the Feast of 'All Saints' - a Holy Day of Obligation.

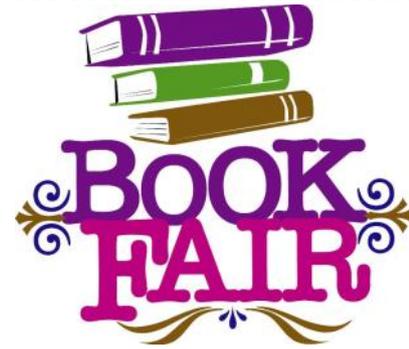
On this day the Church especially remembers all those who are already in heaven. To be inspired and find out more about the saints, just click on 'Saints Stories' in the children's section at wednesdayword.org

Thank You and Good Luck

Miss Hegley, one of the Year 5 Learning Support Assistants, will be leaving us on November 17th. We wish her all the best with her move out of London and want to thank her for all her hard work and support to our school community.

Book Fair

We will be hosting this year's book fair from Thursday 16th November to Wednesday 22nd November. The book fair will take place in SMMA hall after school starting at 3:45. Come along and find a good book!



Online Safety

We would like to remind you that it is really important that you monitor what your child is doing online. We are aware that a small number of pupils have been engaging in group chats and saying unkind things. Please do monitor who your child is speaking to online and what is being said. If you are concerned about something please speak to your child's class teacher. The NSPCC have great advice about talking to your child about online safety: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>



MEET THE STAFF AT SACRED HEART

What do you know about Jude Hick (Place2Be)?

Where were you born?

I was born in Watford but grew up and went to school in London.

What is your favourite school memory?

I don't have one in particular but generally just being with my friends and socialising!

What is your job at Sacred Heart and what do you do?

Place2Be School Project Manager. So running the counselling project here and trying to support the school and the families as best as possible.

What is your favourite thing about Sacred Heart School?

I'm new here but everyone, staff and children, have been so friendly and welcoming which has been great and is my favourite thing so far about Sacred Heart. The tea, coffee and biscuits in reception are pretty great too though!

What is your favourite food?

Ice-cream definitely!



What/who is your favourite sports team and/or musician/band?

West Ham (my Dad gave me no choice!)



What do you like to do when you are not at work?

I love playing netball when I'm not at work. I also like reading, seeing friends and sometimes playing the piano.

Tell us a joke OR an interesting fact

My therapist just told me that I'm completely incapable of expressing my feelings. Can't say I'm surprised.



Improving children's mental health

Sacred Heart's Poppy Appeal 2023

Poppies and other items are on sale at the office to support the British Legion's Poppy Appeal.

On Friday 10th November we will wear red in honour of the month of remembrance.

If you are able to donate £1 on Friday 10th please give it to your class teacher.



Last year Sacred Heart was the top school in Islington for fundraising for the Poppy Appeal. It would be great if we could continue this and support the great work done by the British Legion, whilst also paying respects to our soldiers.

Thank you for your support!

Road Safety Week

19-25
November
2023

During this week, we will be participating in activities centred around staying safe on the roads.

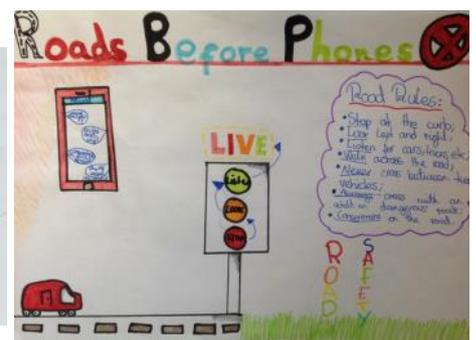
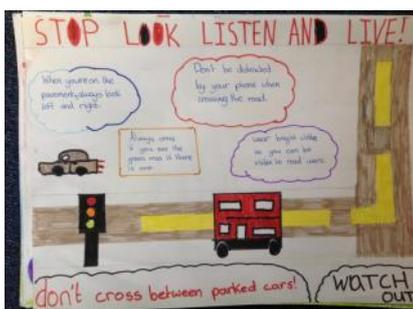
"Be Bright, Be Seen" Dress-up Day

On Friday 24th November, children are encouraged to come to school in bright clothing. As the nights are getting darker, it is especially important that we can be easily seen by traffic. Come wearing reflectives, neons or your most eye-catching colours!



Road Safety Poster competition

Create a poster all about staying safe on the road! Think carefully about what rules you need to follow when out and about and make your own informative and colourful poster for the chance to win a prize. They will also be displayed around school for everyone to read! Please hand in your entries to your class teacher by the 24th of November.



EYFS Phase News



Nursery: St Anthony & St Nicholas:

This week we have been learning about our school Mission Statement. We said it together as a prayer and decorated one to take home.

We continued investigating autumn by using a light-box to examine some leaves up close. The children enjoyed seeing how the leaves looked so different when they were placed on the light-box.



Reception: St Peter:

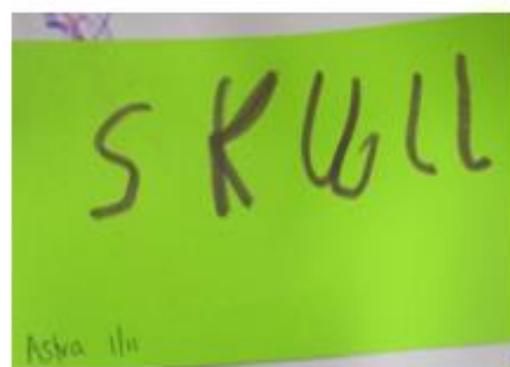
In St. Peter this week, we have been learning about our school Mission Statement. We went on a hunt around the school and found out that our Mission Statement is everywhere!

This shows we are learning through Christ in everything that we do in Sacred Heart!



Reception: St Jude:

We have been spending the last few weeks in St. Jude learning about our bodies & skeletons. This week we have been loving drawing around each other and labelling the parts of the body! Look at our fantastic labelling using the graphemes we have learned so far!



KS1 Phase News

Year 1-St Brigid

Year one have been learning about a new religion this week. We had so much fun making comparisons about both the Catholic faith and Buddhism and we ended our lesson by making Wasek lanterns.



Year 1-St Francis

St Francis class have been learning about the weather. On Tuesday, we made wind socks to help us decide if it was a windy day or not. We are also tracking the weather on our class chart. Here are some of the children with the wind socks they designed.

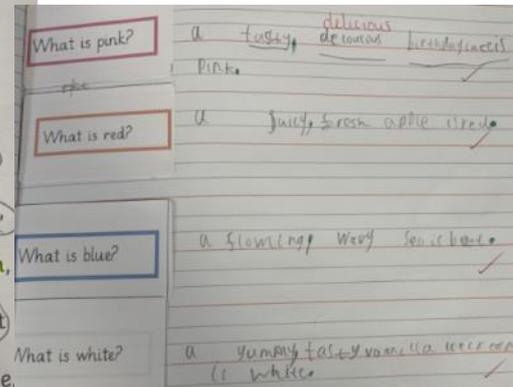
Year 2-St Teresa

This week, we have looked at poetry and the poem 'What is pink?' by Christina Rossetti. We looked at the features of poetry and learnt what rhyme, repetition and alliteration were before trying to apply them ourselves. We are beginning to create our own versions by creating expanded noun phrases about what each colour reminds us of! Next, we are going to try to find rhyming words to complete our poems!

What Is Pink?

By Christina Rossetti

What is pink? A rose is pink
By the fountain's brink.
What is red? A poppy's red
In its barley bed.
What is blue? The sky is blue
Where the clouds float through.
What is white? A swan is white
Sailing in the light.
What is yellow? Pears are yellow,
Rich and ripe and mellow.
What is green? The grass is green,
With small flowers between.
What is violet? Clouds are violet
In the summer twilight.
What is orange? Why, an orange,
Just an orange!



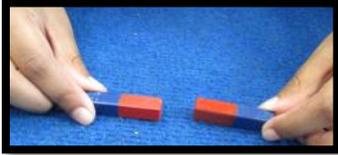
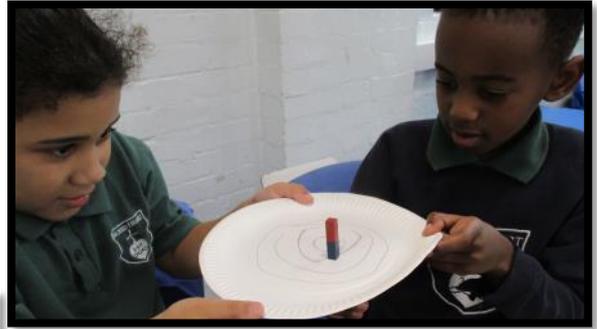
Year 2-St John Paul

In our PE lessons this week we have started two new units. On Mondays we are learning Gymnastics with Miss Van. We had so much fun this week learning about body tension and how to move around the space like gymnasts! On Tuesday we began our Hit, Catch, Run unit with Miss James. We can't wait to keep practicing these skills so that we can apply them to some fun games this term.



LKS2 Phase

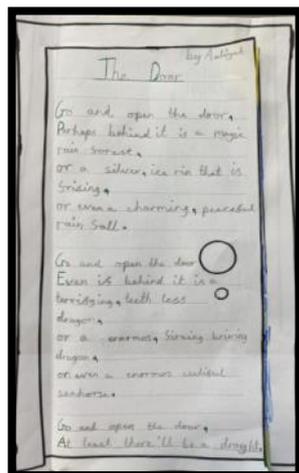
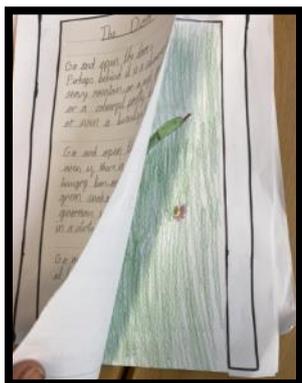
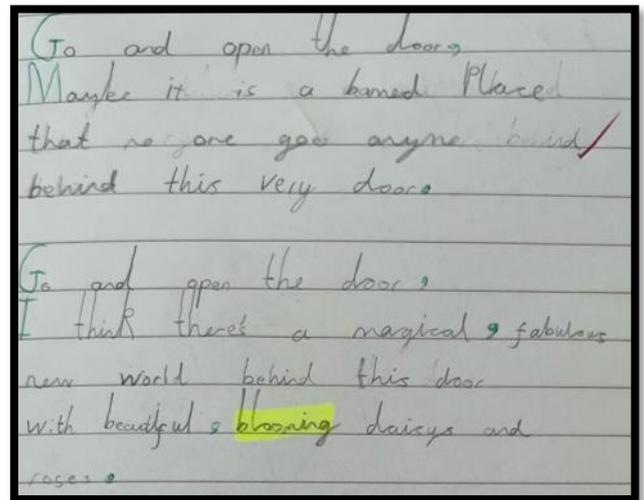
This week in St Martin de Porres we have been exploring how magnets interact with each other through experimenting with the north and south poles of bar magnets. We used our new knowledge of opposites attract to create and complete mazes.



This week, in St Bernadette, we were fortunate enough to join the whole of Key Stage 2 for Mass to celebrate, 'The Feast of All Saints'. It was a wonderful Mass, where we were able to celebrate our new Chaplaincy team and witness them receiving their blessing from Father Spencer. The children particularly enjoyed singing all together, as we know when we sing our hymns, it is praying twice as loud!



This week Y4 St Elizabeth have been writing their own poems in the style of 'The Door' by Miroslav Holub. We used our knowledge of descriptive language alongside our own imagination within the existing poetic structure. Some of us had some fantastic ideas! In the poem, the things behind the door represent new ideas or opportunities, so we used some nice things and a few nasty surprises. Take a look at some of the fantastic work we produced:



This week, St Catherine have been using their descriptive language to create a poem based on 'The Door' by Miroslav Holub. We used expanded noun phrases, similes and metaphors to describe all the magical things that could be behind our doors!

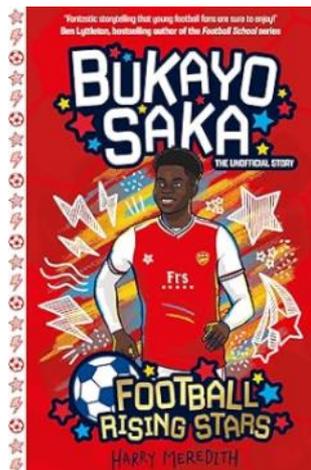
UKS2 Phase News



This week, Year 5 went to the Science Museum. We visited the 'Wonderlab' where we looked at a range of scientific skills and experiments. We recapped a range of skills from our 'Forces' topic - specifically mechanisms and friction. We took turns going down slides made of different materials and compared the speed at which we went down them. We also used pulleys to lift ourselves in the swings! Following this, we explored the 'Space Section' of the museum. We were able to look at a model of the first moon landing and a range of rockets and astronomical gear that has previously been in space! Well done to all of Year 5 on their engagement and curiosity at the Science Museum!

Before half term, Year 6 Saint Maximilian created an experiment to see how fungi would grow in different conditions. In groups, we had 3 pieces of bread, some air tight bags and some water. Each of us added different amounts of water to see how this would affect the growth of mold on the bread. You can see our results!

We have concluded that in damp/moist environments the fungi will grow very quickly and spread over large areas.



This week, Year 6 Saint Josephine have started their new book (Bukayo Saka The Unofficial Story). We have studied Chapter 1 (Arsenal vs Tottenham Hotspurs) and Martin Tyler's past football commentaries. Over the next couple of weeks, we are going to write our very own football commentaries involving Saka and his teammates.



Operation Christmas Child at Sacred Heart.

At Sacred Heart this year we will be creating shoe boxes full of gifts for children all around the world who are not as lucky as us.

What to put in your shoe box:

- Small toys
- School supplies
- Hygiene Items e.g. toothbrush
- Accessories such as hairbands, hats and gloves
- Tell us on the shoe box what age and gender your shoe box is for using the label given to you with the information letter.



Remember to wrap your gift box in **blue** or **pink** wrapping so we



Do Not Include

Used or damaged items, war related items such as toy guns, play soldiers or knives; chocolate or other food items; liquids or lotions of any type including bubbles; medicines; hand-made or knitted stuffed toys; anything of a political, racial or religious nature; sharp objects; glass containers, mirrors or fragile items; playing cards of the 4-suit variety; clothing other than as listed above.

know if its for a girl or boy! Wrap your lid and box separately!

Shoe boxes will be collected in the main office and the last date for handing in your shoe box is **Friday 10th November**! Make a child happy this Christmas and donate a shoe box!

BUILDING CONFIDENCE AND MANAGING ANXIETY IN YOUR CHILD

Parent Coffee Morning Workshop

Monday 13th November at 9:00-10:30

Sacred Heart Catholic Primary School



INFORMATION SHEET

In the workshop we will:

- ✓ Give you information about how anxiety looks like in children and which factors keep anxiety going.
- ✓ Discuss the type of common worries children and parents may have.
- ✓ Help you think about things you can do to manage anxiety and build your child's confidence.
- ✓ Suggest practical tips and activities to do with your child.



Where will the workshop be?

The workshop will be delivered in person in the hall in SMMA (Year 5&6 building).

How can I sign up?

Please let Reception know or come along at 9am on the day.

We look forward to seeing you on Monday 13th November 2023!

School Wellbeing Service



Information for Parents and Carers

What is the School Wellbeing Service (SWS)?

The SWS is a team of mental health practitioners that support families and schools to help children and young people stay and get back to being emotionally healthy.

When might you benefit from our support?

If you have concerns about your child's emotional wellbeing or if you have noticed any of the following affecting family or school life:



Having fears or worries



Feeling sad or angry



Difficulties sharing feelings and having outbursts



Difficulties following rules and requests



Difficulties with friendships or siblings

What we offer

We offer a range of work to help, including:



GUIDED SELF-HELP (GSH) INTERVENTIONS

- In primary schools, we support parents and carers using GSH interventions based on Cognitive Behavioural Therapy (CBT) principles
- In secondary schools, we offer 1:1 sessions of GSH with YP



GROUPS, WORKSHOPS, AND ASSEMBLIES FOR PUPILS

On mental health themes such as:

- Understanding and managing emotions
- Building confidence and self-esteem



GROUP WORKSHOPS FOR PARENTS AND CARERS

- Understanding and managing your child's anxiety
- Positive parenting strategies
- Supporting your child with secondary transition



GROUP WORKSHOPS FOR STAFF

- Understanding and managing pupil's anxiety
- Staff wellbeing
- Emotional school based avoidance

What to expect

As a parent or carer, accessing support from the SWS will involve:

- Around 8 one-to-one sessions
- Help for you and your child to learn and practice new ways of managing difficulties
- Linking with your child's school and other services that could help if necessary

How to get in touch



islccg.sws@nhs.net



020 3316 1824

If you think we can help and would like to get in touch with our service, please speak to a member of school staff who will be able to help make a referral to us.

SACRED HEART CATHOLIC PRIMARY SCHOOL 2023–2024 DATES

| AUTUMN TERM 2023 <i>Monday 4th September 2023 – Friday 22nd December 2023</i> | | TOTAL DAYS |
|---|--|-------------------|
| Start Date | Monday 4 th September 2023 | 75 |
| Finish Date | Friday 22 nd December 2023 | |
| INSET DAY(S) | Monday 4 th September 2023 Friday 22 nd December 2023 | |
| Children return to school | Tuesday 5 th September 2023 | |
| HALF TERM (Mon – Fri) | 23 rd - 27 th October 2023 | |
| Last day of term for children | Thursday 21 st December 2023 | |
| Last day of term | Friday 22 nd December 2023 | |

| SPRING TERM 2024 <i>Monday 8th January 2024 – Thursday 28th March 2024</i> | | TOTAL DAYS |
|--|---|-------------------|
| Start Date | Monday 8 th January 2024 | 54 |
| 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 <i>Monday 15th April 2024 – Tuesday 23rd July 2024</i> | | TOTAL DAYS |
|---|---|-------------------|
| Start Date | Monday 15 th April 2024 | 66 |
| 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 |