

Newsletter



Sacred Heart RC Primary School

07/02/2020

Dear Parents/Carers,

It has been a busy week of learning, music and sport a typical week at Sacred Heart! On Monday we celebrated the gospel together, where Fr. Gerry blessed all the KS2 children holding their own individual (plastic) candles. We were listening to and reflecting on the gospel reading that told of Jesus' presentation in the temple as a baby. Simeon had kept faith and hope in God's promise, and recognised the child as the light of the world. The children were reminded to have faith in God and follow Jesus' light through their own actions.



Children's Mental Health Week

This week was Children's Mental Health Week and years 3 - 6 had the opportunity to learn about how their brain works with a themed workshop called '**My Brain Matters**' which was run by Unlocking Potential (UP).

The children learnt about what happens when they feel overwhelmed by feelings and how this can make them feel out of control or like they are '**flipping our lids**'. They learnt that this happens to everyone, including babies, children and adults. The children learnt to recognise the signs that lead to them '**flipping their lids**' and learn strategies that they could use to calm back down and also prevent it from happening as often.



Parent Gym



Thursday saw the launch of Parent Gym with a taster session being held in the new build. Parent Gym is a 6 week programme running every Tuesday morning for 2 hours (9.00 -11.00am). Parent Gym is a programme that has been developed by leading psychologists to address six parenting priorities: communication, love, managing behaviour, health, learning and handling conflict. The programme is open to all families, please see Mrs. Chowdhury (Senco) or Michelle from Up for more information.

Half Term

School finishes at 3.30pm on 14th February for half term. School is closed on Monday 24th February for an Inset Day. Staff will be joining with other Catholic schools on 24th February to look at curriculum developments. School will reopen on Tuesday 25th February.

Online Safety Session



Alex Webster from Wandsworth CLC, who works with all classes each week has been delivering online safety sessions to upper key stage 2. He has discussed the importance of online safety and sensible social media usage. Alex will be running an online safety session for parents on Thursday 27th February 3.45-4.30pm. We encourage as many parents as possible to come along to learn how to keep children safe online and encourage sensible social media use. In school we talk daily about the importance of kindness and showing kindness to others, this extends into social media groups, forums and online communities.

Why does kindness matter?

Sometimes it's important to remind ourselves that behind every username and profile picture there's a real person with real feelings, and we should treat them that way. When bullying or other inappropriate behaviour happens, most of the time there are three types of people involved.

- A **bully** — or bullies.
- Someone being bullied — the **target**, or **victim**.
- One or more people we call **bystanders**.

A bystander has the power to intervene and report inappropriate behaviour, but doesn't do anything to stop it. The goal is to call out bad behaviour and stand up for kindness and positivity. A little positivity can go a long way online. But the opposite is also true: A little negativity can spread into something serious, with upsetting and possibly harmful consequences online. Here are some ways that upstanders can help stop bullying and stop negative messages online:

- **Set a good example**

Being a positive voice among your friends helps spread positive feelings all around.

- **Be a friend**

Being consistently friendly — both online and offline — shows your classmates that they're not alone, which can be especially helpful if they're being bullied or just feeling sad.

- **Don't encourage bad behaviour by giving it an audience**

Don't like' or respond to hurtful comments or posts. Sometimes bullies act aggressively in order to get attention, and if you and your friends don't encourage them, they're more likely to stop.

- **Don't pass on hurtful messages**

Instead, tell the person who sent the message that you don't think it was funny or acceptable, and consider contacting the person who was targeted to provide help and support if needed.

- **Report mean, bullying behaviour**

Use online reporting tools or tell your parent, teacher, friend or sibling.

Friday Morning Prayer Group



Every Friday morning at 8.40am in the New Build, Deacon Michael leads a beautiful short prayer session for families. It is linked to the gospel and children are encouraged to join in. It is a peaceful way to start the morning. It is open to all and everyone is welcome.

Class Events & Assemblies 2020

February	
Wednesday 12th	5M Class Assembly in School Hall 9:00am
Thursday 13th	6G Class Assembly in School Hall 9:00am
Monday 17th - Friday 21st	Half-Term - school closed
Monday 24th	Inset Day - school closed to pupils
Wednesday 26th	Ash Wednesday
Thursday 27th	Y3 Lent Retreat 9:00am

March	
Wednesday 4th	NW Class Assembly in School Hall 9:00am
Thursday 5th	World Book Day
Tuesday 10th	Y6 Lent Retreat
Wednesday 11th	2V Class Assembly in School Hall 9:00am
Tuesday 17th	Y5 Lent Retreat
Wednesday 18th	4T Class Assembly in School Hall 9:00am
Thursday 19th	Mother's Day Reading Breakfast in School Hall 9:00am
Tuesday 24th	Y4 Lent Retreat
Wednesday 25th	RSW Class Assembly in School Hall 9:00am
Tuesday 31st	KS2 Stations of the Cross Sacred Heart Church 2:00pm

April	
Wednesday 1st	RW Class Assembly in School Hall 9:00am
Friday 3rd	School closes 1:30pm

School Term and Holiday Dates 2020-2021

**Please be aware that some dates differ from those published by Wandsworth.
These are our term dates for the academic year.**

Autumn term 2020

Inset Day: Wednesday 2 September

First Day: Thursday 3rd September

Inset Day: Monday 2nd November

Last Day: Friday 18 December

Half Term: Monday 26 to Friday 30 October

Spring term 2021

First Day: Monday 4 January

Last Day: Wednesday 31 March

Half Term: Monday 15 to Friday 19 February

Summer term 2021

First Day: Monday 19 April

Inset Day: Monday 7th June

Last Day: Friday 23 July

Half Term: Monday 31 May to Friday 4 June

Bank Holiday: Monday 3 May

2 Inset Days to be confirmed