



Dear parents, children, staff, and parishioners,

We are so proud of you all! Year 6 have been absolute super stars this week! Sitting exams for the first time can be an extremely daunting process, but the children have given it their all and tackled each test with determination and perseverance – we couldn't ask for anything more. That being said, we have reminded them on numerous occasions, that although these tests seem important at this point in time, many of the things tested this week are not the things that truly matter. The tests haven't tested how artistic our children are; how kind they are or how infectious their laugh is in the playground. They haven't assessed whether or not our children can speak two languages at home or how they light up a room. So, our message to the children this week was clear: these tests will tell them something, but they will not tell them everything – and whatever the result, it will not change the amazing children that stand in front of us! I think it is safe to say, the children were all delighted to finish their final maths paper today! Now the children will continue with the Year 6 Curriculum and they will also be working towards their end of year performance.

We will receive the SATs results at the beginning of July, and we will then let you know your child's results.



### Weekly Attendance

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>PE Days – New days Summer 1</b>							
N/A	Thursday	Monday Wednesday	Thursday	Thursday	Monday Friday	Monday Tuesday	Wednesday Friday
<b>Attendance: 96.3 Overall (total attendance for the week for the whole school) Our school target for this year is 97%.</b>							
99.2%	98.36%	98.3%	98.6%	97.5%	99.4% 😊	95.5%	97.2%
<b>Class Attendance Winner</b>		Rec B Mrs Cruse/ Mrs Gaffney, 4J Mr Finn & 6N Mrs Aldridge/Mrs Davies					

### Coronation Tea Party

What a wonderful afternoon was had by children and staff as we celebrated the Coronation of King Charles III in royal style! We began our afternoon, by planting an apple tree in our prayer garden to commemorate this special, historical occasion. Thank you so much to Father Tony, for blessing our tree and leading us in a short prayer service. Following this, the children had a lovely time tucking into delicious cakes and party food – thank you so much to everyone, who sent in donations for the party – and enjoyed dancing and playing together. You all looked fantastic in your crowns and party outfits children!

The entries to the Great Royal Bake Off Competition were absolutely amazing! We loved judging them all 😊. We will announce winners in assembly on Monday.

### Year 2 SATs Week

Next week, Year 2 will be undertaking their end of Key Stage 1 Statutory Tests. These tests are nothing for the children to worry about. They are much more informal than the Key Stage 2 SATs tests and are used to inform teacher judgements. We will report on these judgements to parents in July.



### First Holy Communion

On **Saturday 20<sup>th</sup> May**, Year 3 will be making their First Holy Communion. The timings for the two masses are below:

**Saturday 20<sup>th</sup> May 10:30 Holy Communion – Miss Allport's Class**  
**Saturday 20<sup>th</sup> May 12:30 Holy Communion – Mrs O'Connor/Miss Gibson's Class**

We ask that the children for the first Communion mass arrive at 9:30am for family/individual photographs. The children for the second Communion mass should arrive at 12:00pm and **the majority of the** photographs will be taken before Mass, the rest will be taken afterwards. Additional parking will be available in the school grounds.

We wish the children a happy and Holy day.

**Sacred Heart Catholic Primary School**  
Bray's Lane, Coventry, CV2 4DW  
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🌐 Website: [www.sacredheart.coventry.sch.uk](http://www.sacredheart.coventry.sch.uk)  
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**Sacred Heart  
Catholic Primary School**  
Part of The Romero Catholic Academy

He is  
**RISEN**

Issue 31:  
Friday 12<sup>th</sup>  
May 2023



### Kingsbury Water Park

Last Friday, Year 4 had an amazing time at Kingsbury Waterpark. As part of their Geography Fieldwork, Year 4 visited Kingsbury to learn more about rivers. They used maps to follow the journey of a river; looked at the wildlife that live alongside British waterways and had a wonderful time exploring the local area. One of the children described the trip as 'the best day of my life'. Thank you to Mr Finn for organising the trip and the staff and parents, who took the children.



### Staff Emails

In the current climate, with so many teachers leaving the profession, we would like to ensure our staff have a positive work/life balance. The staff at Sacred Heart are fantastic and often work late hours, planning lessons, marking books and making sure your children have the best possible education. To promote staff welfare, staff will only be available to respond to emails between 8:00am and 5:00pm. Please can I request, where possible you avoid emailing staff outside of these hours. I understand that at times it may be unavoidable, however, where possible, please ring the office or speak to your class teacher at the end of the day. If you do need to contact the school outside of work hours, please email [admin.SH@romeromac.com](mailto:admin.SH@romeromac.com)

Many thanks for your support with this.



### Au Revoir and have fun!

Good Luck to our Year 5 and Year 6 children going to Normandy in France next week. This is a wonderful opportunity for our children, and I know the children and staff are very excited. A huge thank you to Mrs O'Malley and Mrs Taggart for organising this wonderful, memory making trip. Also, thank you to our wonderful team of staff that are committing 4 days to look after your children – Mrs O'Malley, Mrs Aldrich, Mrs L O'Malley and Mr Spencer.

### May is for Mary

As we are in the month of May, our thoughts and our prayers turn especially to Mary, our Mother, in this month of dedication. On Friday 26<sup>th</sup> May, we will be holding our annual May Procession to pay homage to Our Lady; to think about her in our own lives and our faith. We will praise her through hymns and prayers. Mrs Severs' class will lead us in our May Procession; we hope to have the assembly outside (weather permitting). Parents are welcome to attend. Please can I ask for all children to bring in **bulbs**, so on the day we can adorn the shrine of Our Lady, but then, after the procession, our Gardening Club will plant the flower bulbs across our school site, so that every spring our school will be FULL of flowers, a much more sustainable approach. Thank you.

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## SAVE THE DATE

Friday 16<sup>th</sup> June 2023.  
(2:30pm until 5:00pm).  
More details to follow soon.

### Change of date

Class photographs will now take place on Friday 26th May. Full winter uniform will need to be worn on this day.

### Summer Uniform

We are smart at Sacred Heart! Some uniform reminders:

- As it is Summer term, children are now welcome to wear summer uniform. This means that in all year groups, children may wear **grey tailored shorts** instead of trousers or **blue gingham summer dresses**. In addition, children may choose to wear a **blue polo shirt with the Sacred Heart logo** instead of a shirt and tie.
- Please can all children ensure that they come to school in the **correct PE kit**, on their PE days, so that they can access the PE curriculum. Some Y5/6 girls have been wearing cropped t-shirts. This is not part of our P.E. kit and are not allowed to be worn for P.E. lessons.
- **Shoes** – please can I ask for children to ensure that they are wearing black school shoes (not trainers), except on P.E. days.
- **Hair** – long hair should be tied up please. We have had a number of cases of nits recently. Children are less likely to catch these if their hair is tied back. Bobbles, hairbands etc should be in school colours.

### Week at a glance

Date	Time	Activity
<b>Value and Virtue – Learned and Wise</b>		
Monday 15 <sup>th</sup> May		Y5/6 French Trip
Tuesday 16 <sup>th</sup> May	All Day Afternoon	Y5/6 French Trip Guitar and Piano Y4 School Games - Orienteering (selected children)
Wednesday 17 <sup>th</sup> May	All Day	Y5/6 French Trip Y3 Holy Communion Retreat at Cardinal Wiseman – Mrs O'Connor/Miss Gibson's Class
Thursday 18 <sup>th</sup> May	9:00am	Ascension Feast Day Mass – Whole School Y5/6 French Trip
Friday 19 <sup>th</sup> May	All Day 9:00am Afternoon	<u>Y3 Holy Communion Retreat at Cardinal – Miss Allport's Class</u> Y3 Holy Communion Retreat at Cardinal Wiseman – Miss Allport's Class Class Assembly – Miss Reily's Class OPAL Stay and Play

lovely weekend.  
Mrs Ellis  
Head of School

I hope you all have a

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*Sacred Heart  
presents...*

# The WIZARD of OZ

*27th June 2023*

*Time: 6:30pm  
The Albany Theatre*



Website: [www.sacredheart.coventry.sch.uk](http://www.sacredheart.coventry.sch.uk)  
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Partnership

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# AUTISM & ANXIETY



In partnership with SENDIASS, Coventry Complex Communication Team (CCT) are running a FREE Webinar for Parents and Carers

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**Wednesday 24<sup>th</sup> May 2023**

**10am – 12.30pm**

\*This session will take place via Microsoft Teams; links will be sent out by email following booking.

### Sessions aims & outcomes

- To raise your understanding of how anxiety can impact on your child with Autism or complex communication needs
- To explore how the behaviour we observe in our children can be linked to increased levels of anxiety
- To interpret anxiety 'enforced' behaviours
- To identify a range of strategies that could be used in the management of anxiety experienced by your child with Autism or complex communication needs



**COMPLEX  
COMMUNICATION  
TEAM**



**To book a place please contact SENDIASS and QUOTE: 'CCT'**

SEND Information, Advice and Support Service

**Tel: 024 7669 4307 or email: [iass@coventry.gov.uk](mailto:iass@coventry.gov.uk)**



COVENTRY  
**Prevent**

West Midlands  
**POLICE**



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# COVENTRY

## SCHOOL NURSING NEWSLETTER



Supporting children, young people & families

### Primary Schools



Spring is here!  
We hope you all had a lovely  
Easter break and are enjoying the  
summer term so far!

This term we continue to offer free  
online parent information  
sessions for common concerns  
faced by parents/carers.

We will also continue to run our  
hearing screening clinics for  
Reception children and will be  
visiting schools to conduct the  
National Child Measurement  
Programme (NCMP).

The school nursing service works all  
year round, Monday to Friday  
excluding public and bank holidays.

You can contact us on:

**Moat House School Nurse Team:**

01926 495321 Ext 7494

**Charter School Nurse Team:**

01926 495321 Ext 7417

Alternatively, you can message us on  
our ChatHealth text service;



**07507 329 114**  
Parent Line

We are not an emergency service  
so if your concern is urgent please  
call **999** or **111**.

*Thank you.*



Check out our Health for Kids  
website for health advice to help  
your children grow and flourish.

[www.healthforkids.co.uk/coventry/](http://www.healthforkids.co.uk/coventry/)

### IS YOUR CHILD ELIGIBLE FOR FREE SCHOOL MEALS?

Free school meals are automatically  
available to children in Reception,  
Year 1 or Year 2 but did you know  
pupils who are in years above this  
may also be entitled to free school  
meals too?

To check if your child meets the  
benefits-related free school meals  
(FSM) eligibility criteria visit:

[www.coventry.gov.uk/benefits-1/free-school-meals#Year3+](http://www.coventry.gov.uk/benefits-1/free-school-meals#Year3+)

## WHO WE ARE

Here's a reminder of what the School Nursing  
team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and how to relax
- Managing behaviour
- Hygiene

### Confidentiality

Whilst we offer confidentiality, members  
of the School Nursing Team work in  
partnership with other agencies, where  
information may need to be shared in  
the best interest of your child.

### Consent

The School Nurse Team will obtain  
consent from parents and carers  
before supporting children and young  
people. In secondary schools young  
people can access the School Nurse  
independently for advice and support  
without parental consent, although we  
would always encourage young people  
to speak with their parent/carer.

### Contact Us

**Moat House School Nurse Team:**

01926 495321 Ext 7494

[Swg-tr.MoatHouseSchoolNursing@nhs.net](mailto:Swg-tr.MoatHouseSchoolNursing@nhs.net)



**07507 329 114 (Parent Line)**

**Charter Avenue School Nurse Team:**

01926 495321 Ext 7417

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[Coventry School  
Nursing Team](https://www.facebook.com/CoventrySchoolNursingTeam)



[COVSCHOOLNURSES](https://www.instagram.com/COVSCHOOLNURSES)



# COVENTRY

## SCHOOL NURSING NEWSLETTER



### Primary Schools

## EXAM SEASON STRESS

Now that the summer term has started, children are getting closer to, or are sitting their Key Stage 1 and 2 SATs.

Children in Year 2 and 6 will have spent lots of time in school and at home preparing for these exams and it can be a stressful time for them and for you as parents/carers. With this in mind we have put some ideas together about the signs of exam worries and some ways you can support your child/children.

### Signs of worries

Children may show some of the below signs, which can indicate they are anxious about their exams.

Note: children may display more than one of these symptoms.

- Worrying
- Feeling tense
- Experiencing headaches and/or stomach pains
- Poor sleep
- Being irritable
- Loss of interest in food or eating more than normal
- Lacking enjoyment in activities they usually enjoyed

**Some children start to feel better when the exams are over, if your child is still feeling anxious or suffering with low mood when the exams are over, see your GP.**



### How can you support your child?

Encourage children to speak with someone at school who can support them with their work; this can be a teacher, teaching assistant or someone from the pastoral team. It may be helpful for you to speak to your child's teacher – try and involve your child in this too so they feel supported.

Here are some other ways you can try and support your child:

#### Encourage conversation

Explaining that being nervous is a natural reaction to exams is important, sharing your own experiences may help.



#### Help them study

Talk about what topics they are under confident about and try and help them. You could ask school for past papers to practice, you can find books in the library or resources online.



#### Encourage them to eat a balanced diet

Foods and drinks high in fat, sugar and caffeine may make children irritable, moody and hyperactive.



#### Make sure they are getting enough sleep

Good sleep improves your ability to think and concentrate. Wind down times between studying and using devices before bed can help them get a good night's sleep.



### Contact Us

**Moat House School Nurse Team:**

Website: [www.sacredheart.coventry.sch.uk](http://www.sacredheart.coventry.sch.uk)

Principal: Paul Madia

**07507 329 114 (Parent Line)**

**Charter Avenue School Nurse Team:**

Partnership

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# COVENTRY

## SCHOOL NURSING NEWSLETTER



### Primary Schools

## EXAM SEASON STRESS CONTINUED

### Get moving

Exercise can help you feel less stressed, clear your mind and boost your energy levels! You could encourage a mid-revision break where they can have a dance, go for a walk or cycle or play football – whatever works for your child!



See links below and for more information and tips:

#### NHS – Help your child beat exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

#### Place2be – Navigating exam season – supporting your child to beat exam stress

<https://www.place2be.org.uk/media/0ttpyr0h/navigating-exam-season-guide-for-parents.pdf>

## STAYING SAFE IN THE SUN

As the sun comes out so do we. Being out in the sun can make us feel happier and is a natural source of vitamin D but it is important to remember the dangers of exposing our skin to the sun for long periods of time too.

All skin types and skin colours can suffer from sun damage, so we all need to take care of ourselves! So how can we be safer in the sun?



Get in the shade between 11 am – 3 pm.



Drink plenty of water to prevent dehydration, the sun can dry us out!



Use sunscreen, the NHS recommends SPF30 with UVA/UVB protection.



Wear appropriate clothing. Think loose, cotton. Don't forget your hats to protect the neck and ears!



Wear sunglasses to protect eyes from harmful rays and never look directly at the sun!

**For more information and how to treat sunburn see NHS**

#### Sunscreen and sun safety link:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>





# COVENTRY

## SCHOOL NURSING NEWSLETTER



Supporting children, young people & families

### Primary Schools

#### Reception Class Hearing Screening

The School Nursing team offers hearing screening for all Reception class pupils. These are carried out as clinics at different locations in the city (see next page for dates and locations). Parents/carers can get in touch with the School Nursing team on one of our contact numbers or email addresses below to book a test.

**When you call or email please provide the following details:**

- Full name of child
- D.O.B of child
- School child attends
- Preferred clinic location and date

**Our upcoming dates and locations are:**

- Wednesday 17th May 2023 - Mosaic Hub
- Tuesday 30th May 2023 - Moat Hub
- Wednesday 31st May 2023 - Pathways Hub
- Thursday 8th June 2023 - Families For All (Foleshill) Hub
- Thursday 22nd June 2023 - Wood Side Hub
- Monday 3rd July 2023 - Moat Hub
- Friday 21st July 2023 - Aspire Hub

Please note: If you have concerns about an older child/children's hearing, you can call the Central Booking number to make an appointment with the Audiology department on: 0300 200 0011.

### HAY FEVER

The pollen count is usually highest between March and September, especially when it is warm, humid and windy.

Symptoms of hay fever and how severe they can be, will vary from person to person. Some of them include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears



For more information and to see ways you can help yourself follow the links below:

NHS - Hay fever

<https://www.nhs.uk/conditions/hay-fever/>

NHS - Asthma

<https://www.nhs.uk/conditions/asthma/causes/>



### WATER SAFETY

With summer approaching and hopefully warmer weather, we would like to remind parents and children of some key points to remember when playing in the water this spring/summer.



- Never leave children unattended while in a paddling/swimming pool/hot tub or the sea. Or near ponds/lakes/canals.
- Always empty water from the paddling pool once you have finished with it, or if you have a larger pool remove/block access.
- Look for beaches with lifeguards and never take your eyes off a child playing in the sea.



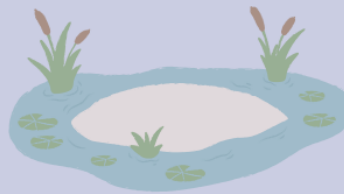
Water safety is a huge topic, so for more information visit the trusted websites below:

**Child Accident Prevention Trust**

<https://capt.org.uk/drowning/>

**The RNLI - The Royal National Lifeboat**

<https://rnl.org/safety>



### Contact Us

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01926 495321 Ext 7494

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**ChatHealth 07507 329 114 (Parent Line)**

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01926 495321 Ext 7417

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[Coventry School](#)

[Nursing Team](#)



[COVSCHOOLNURSES](#)

E-mail [sacredheart.covty@ca00.org.uk](mailto:sacredheart.covty@ca00.org.uk)

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# COVENTRY

## SCHOOL NURSING NEWSLETTER



Supporting children, young people & families

### Primary Schools



### Parent Information Sessions

The School Nursing team are continuing to offer free online Parent Information Sessions for the following areas of concern; toileting, sleep, eating, behaviour & anxiety.

To book a session, please scan the QR codes on the right, using the camera function on your mobile phone/device. Not all phones/devices are compatible with this feature so you can follow the links instead (also provided).

New dates are added regularly so please keep checking for available sessions!

#### Understanding Anxiety Session



[https://forms.office.com/r/EJEpY\\_uFMwF](https://forms.office.com/r/EJEpY_uFMwF)

#### Challenges in Behaviour Session



[https://forms.office.com/r/nzcp\\_mvnCsU](https://forms.office.com/r/nzcp_mvnCsU)

#### Toileting Session



[https://forms.office.com/r/TeGKv\\_c23FV](https://forms.office.com/r/TeGKv_c23FV)

#### Challenges in Eating Session



[https://forms.office.com/r/mHcB\\_LCW5JT](https://forms.office.com/r/mHcB_LCW5JT)

If you need any further assistance please contact us (see our contact details in the footer)

#### Useful Resources

Don't forget to check out the links throughout this newsletter for more information and support! Please see more resources below/on page 6 which may be of help to you, your families and/or school:

#### Does your child have a hidden disability?

Parents can apply for a sunflower lanyard for children with a hidden disability. Some cafes/attractions/restaurants etc. recognise the sunflower and offer support, this could include priority access etc.

Click here/visit site to order one: <https://hiddendisabilitiesstore.com/uk/>





## 2023/2024 School Terms and Holidays

	Term Dates	Training Day School is closed to pupils
Autumn 2023	<b>Autumn Term</b> <b>Autumn 1<sup>st</sup> Half Term</b> Tuesday 5 <sup>th</sup> September 2023 to Friday 27 <sup>th</sup> October 2023 <b>Autumn 2<sup>nd</sup> Half Term</b> Monday 6 <sup>th</sup> November 2023 - Friday 22 <sup>nd</sup> December 2023	Friday 1 <sup>st</sup> September 2023 Monday 4 <sup>th</sup> September 2023
	<b>Half Term Break</b> Monday 30 <sup>th</sup> October 2023 to Friday 3 <sup>rd</sup> November 2023	
	<b>Christmas Holiday</b> Monday 25 <sup>th</sup> December 2023 to Friday 5 <sup>th</sup> January 2023	
Spring 2024	<b>Spring Term</b> <b>Spring 1<sup>st</sup> Half Term</b> Monday 8 <sup>th</sup> January – Thursday 8 <sup>th</sup> February 2024 <b>Spring 2<sup>nd</sup> Half Term</b> Monday 19 <sup>th</sup> February 2024 – Friday 22 <sup>nd</sup> March 2024	Friday 9 <sup>th</sup> February 2024 Romero Staff training day
	<b>Half Term Break</b> Monday 12 <sup>th</sup> February – Friday 16 <sup>th</sup> February 2024	
	<b>Easter Holiday</b> Monday 25 <sup>th</sup> March 2024 to Friday 5 <sup>th</sup> April 2024 <i>Friday 29<sup>th</sup> March is Good Friday and Sunday 31<sup>st</sup> March is Easter Sunday both within the Easter holiday.</i>	
Summer 2024	<b>Summer Term</b> <b>Summer 1<sup>st</sup> Half Term</b> Tuesday 9 <sup>th</sup> April 2024 – Friday 24 <sup>th</sup> May 2024 <b>Summer 2<sup>nd</sup> Half Term</b> Monday 3 <sup>rd</sup> June 2024 – Thursday 18 <sup>th</sup> July 2024	Monday 8 <sup>th</sup> April 2024  Friday 19 <sup>th</sup> July 2024
	<b>May Day Holiday</b> Monday 6 <sup>th</sup> May 2024 and Monday 27 <sup>th</sup> May 2024	
	<b>Half Term Break</b> Monday 27 <sup>th</sup> May 2024 to Friday 31 <sup>st</sup> May 2024	
	<b>Summer Holiday</b> Begins Friday 19 <sup>th</sup> July 2024	

**NOTES:**

- Children's last day in school for Academic year is Thursday 18<sup>th</sup> July/ 19<sup>th</sup> July 2024
- 5 Teacher Days to be fixed by school within the 195 days plus one additional bank holiday entitlement day for staff

**Reminder of our Holiday Policy (a full copy can be obtained from the Office)**

- \* No term time holiday/long weekend/day trips will be authorised (unless exceptional)
- \* A form must be completed to indicate dates of any absence (which will be recorded as unauthorised unless indicated by Principal) other than illness



## LINKS TO CLUBS OUTSIDE OF SCHOOL



### Cheerleading & Tumbling

Name: The Tribe  
Location: Wawickshire  
Shopping Park  
[www.tribecoventry.co.uk](http://www.tribecoventry.co.uk)

### Gymnastics

Name: Nile Wilson Gymnastics  
Location: Humber Road  
02476 509 8295  
[coventry@nilewilsongymnastics.com](mailto:coventry@nilewilsongymnastics.com)

### Dance

Name: Elite Dance Academy  
Location: Coventry  
07708 855821  
[elite.academy@hotmail.co.uk](mailto:elite.academy@hotmail.co.uk)

### Irish Dancing

Name: Katie Martin Irish  
Dancing and Events  
Location: Various locations  
[kmartinacademy1@gmail.com](mailto:kmartinacademy1@gmail.com)

### Tennis & Cricket

Name: Coventry & North  
Warwickshire Sports Club  
Location: Binley Road  
024 7645 1426  
[info@cnwsc.co.uk](mailto:info@cnwsc.co.uk)

### All Stars & Dynamos Cricket

[www.allstarscricket.co.uk](http://www.allstarscricket.co.uk)

### Athletics

Name: Sphinx AC  
Location: Lyng Hall School  
[www.sphinx.org.uk](http://www.sphinx.org.uk)

Name: Godiva Harriers  
Location: Warwick University  
[www.coventry-godiva-harriers.co.uk](http://www.coventry-godiva-harriers.co.uk)

### Football

Name: SoccerRockz  
Location: AT7 Centre  
[www.soccerrockz.com](http://www.soccerrockz.com)

### Swimming

There are numerous locations across the city to take your children to learn to swim. Once they are able to swim City of Coventry Swimming Club is a great club to continue developing their competitive swimming ability.

[www.coventry-swimming.org.uk](http://www.coventry-swimming.org.uk)

**SPORT**

There are many more amazing sports clubs on offer in the city, however, these are the clubs we'd highly recommend.

If you're struggling to find an appropriate sports club and would like support please come and speak to us and we'll point you in the right direction :)