



**Sacred Heart
Catholic Primary School**
Part of The Romero Catholic Academy

**He is
RISEN**

Issue 31:
Friday 19th
May 2023



Dear parents, children, staff, and parishioners,



We welcomed back our Year 5 and Year 6 pupils, from France yesterday. An absolutely amazing time was had by all and memories were made that will last a lifetime! Whilst in France, the children visited a farm, where they experienced milking a cow; participated in lessons at a French School; learned more about the World Wars at the Somme Museum and enjoyed playing on the beach. The children learned so much and had the opportunity to hone their French speaking! Throughout the entire trip, the children were a true credit to our school, and we are so proud of them! A huge thank you to Mrs O'Malley, Mrs Aldrich, Mr Spencer and Mrs L O'Malley, who gave up their own family time to take the children to France.



Workers of the Week

Thank you so much to Miss Reily's class today, for their wonderful class assembly about Buddhism and Wassak Day. It is so important that we learn about and celebrate other faiths and cultures in our school. You read beautifully children, and shared so much interesting information. Well done to all the children, who received a certificate or award today. I am very proud of you all!

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Quinn T	Aibel A Blessing L Maksymilian S	Ariana O-A Matylda K	Adam W Liam A	Nael K Timothy R	George G Samuel L	Ada G Karen A	Whole Year
PE Days – New days Summer 1							
N/A	Thursday	Monday Wednesday	Thursday	Thursday	Monday Friday	Monday Tuesday	Wednesday Friday
Attendance: 95.1 Overall (total attendance for the week for the whole school) Our school target for this year is 97%.							
96.1%	94.7%	97.5% 😊	94%	97.5% 😊	94.7%	95.2%	92%
House Point Winner		Leonardo House 226 points 😊 Winning House overall – Leonardo House – 3790 points 😊					
Class Attendance Winner		5K Miss Paterson 😊					

Sacred Heart Catholic Primary School
Bray's Lane, Coventry, CV2 4DW
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✉ E-mail: admin.sh@romeromac.com
🌐 Website: www.sacredheart.coventry.sch.uk
Principal: Paul Madia



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Year 2 SATs Week

This week, Year 2 have been completing their statutory Key stage 1 assessments. The children have done an amazing job completing their special work this week and have shown so much perseverance when tackling test style questions. Thank you so much to all the staff, who supported the children in their tests and to the Year 2 teachers, who have worked so hard all year to help your children achieve their very best.



First Holy Communion

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

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

Arrangements for the Communion Masses:

- Miss Allport's class to arrive at church for 9.45am (mass begins at 10.30am)
- Miss Gibson & Mrs O'Connor's class to arrive at church for 11.45am (mass begins at 12.30pm)
- Children to come straight into the church hall
- Family photos will be taken before mass.
- Families can then go into church and seats are first come, first serve
- The children will come up in groups of 5 to receive the Eucharist. When parents see their child at the altar, they can come and stand behind their child. Maximum of 4 family members to stand around the child at this point. Family members will not receive the Eucharist at this time, they will return to their seats and can then come up for communion with the rest of the congregation once all the children have received communion.
- At the end of the Sacred Dance, children will remain on the sanctuary steps for their official photo. Staff will then dismiss the children by sending them over to their family's bench. Please can parents not gather around the steps at the end – we will send the children over to where you are sitting.
- Photos on the altar can then be taken once all children have been dismissed to families.
- Additional parking will be available in the school grounds.

We wish the children a happy and Holy day.

Holy Communion Retreats

Year 3 had the most amazing time this week, at Cardinal Wiseman for their First Holy Communion retreat day. We learnt about the meaning of discipleship through games, teamwork and a reflective prayer time! A huge thank you to Tom and Beth, for organising such a wonderful day for the children and to our amazing past pupils who helped to run the group activities. The children are now fully prepared to make their First Holy Communion on Saturday, and we look forward to celebrating with them all.



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
Many thanks for your support with this.

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Orienteering

Well done to some of our Year 4 pupils, this week, who presented the school in an Orienteering Competition. It was a real challenge, as the pupils had to find their way through a wood, unaided using a map and compass. As always, they were a credit to our school and showed great determination and perseverance.



Kindness Week

Next week, we will be celebrating Mental Health Awareness Week in school. Our theme this year is Kindness. We will be setting kindness challenges every day in the hope of spreading a little kindness throughout our school. If you would like to find more information about how to support positive mental health, I have included a link below.

<https://www.mentalhealth.org.uk/explore-mental-health>

Year 6 introduce..... The Wizard of Oz

We are delighted to inform you, that our Year 6 children will be performing their End of Year Production at the Albany Theatre this year! They will be performing The Wizard of Oz and will be supported by our Year 5 children, who will form the ensemble. It will be an amazing experience for all involved and a brilliant way to create some lasting memories of their time at Sacred Heart. Their performance will take place on the evening of **Tuesday 27th June** – so please save the date! Tickets will be available shortly! This is not one to be missed!

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 26th 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 16th 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 and there will be no PE lessons.**

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
Value and Virtue – Learned and Wise		
Monday 22nd May	All Day	Guitar
Tuesday 23rd May	All Day 9:00am 12:00am	Drums and Piano Blue Coat Y6 Transition Visit Catholic Schools Football Rally
Wednesday 24th May	All Day	Y3 Jewish Temple Visit
Thursday 25th May	All Day 11:30am	Y2 trip Hatton Dance Competition
Friday 26 th May	9:00am All Day	Class Assembly – Mrs Severs Class Assembly Class Photographs – FULL WINTER UNIFORM PLEASE Break up for Half Term

I hope you all have a lovely weekend.

Mrs Ellis

Head of School

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AUTISM & ANXIETY



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

V1.0

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Wednesday 24th 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



COVENTRY
Prevent

West Midlands
POLICE



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SCHOOL NURSING NEWSLETTER



Supporting children, young people & families

Primary Schools

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.



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/

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+

Contact Us

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net



07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



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



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

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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

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ChatHealth 07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:

[Coventry_School](https://www.facebook.com/Coventry_School)

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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



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.

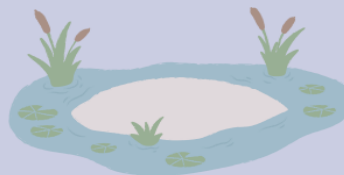
- Never leave children unattended while in a paddling/swimming pool/hot tub or the sea. Or near ponds/lakes/canals.
- Always empty water from the paddling pool once you have finished with it, or if you have a larger pool remove/block access.
- Look for beaches with lifeguards and never take your eyes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



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[Coventry School Nursing Team](#)

[COVSCHOOLNURSES](#)

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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/EJEpYuFMwF>

Challenges in Behaviour Session



<https://forms.office.com/r/nzcpmvnCsU>

Toileting Session



<https://forms.office.com/r/TeGKvc23FV>

Challenges in Eating Session



<https://forms.office.com/r/mHcBLCW5JT>

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/>



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**The Romero
Catholic Academy**
Nurturing the Talent of Tomorrow

2023/2024 School Terms and Holidays

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

NOTES:

- Children's last day in school for Academic year is Thursday 18th July/ 19th 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

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LINKS TO CLUBS OUTSIDE OF SCHOOL



Cheerleading & Tumbling

Name: The Tribe
Location: Wawickshire
Shopping Park
www.tribecoventry.co.uk

Gymnastics

Name: Nile Wilson Gymnastics
Location: Humber Road
02476 509 8295
coventry@nilewilsongymnastics.com

Dance

Name: Elite Dance Academy
Location: Coventry
07708 855821
elite.academy@hotmail.co.uk

Irish Dancing

Name: Katie Martin Irish
Dancing and Events
Location: Various locations
kmartinacademy1@gmail.com

Tennis & Cricket

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

All Stars & Dynamos Cricket

www.allstarscricket.co.uk

Athletics

Name: Sphinx AC
Location: Lyng Hall School
www.sphinx.org.uk

Name: Godiva Harriers
Location: Warwick University
www.coventry-godiva-harriers.co.uk

Football

Name: SoccerRockz
Location: AT7 Centre
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

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 :)