



October is the month of the Holy Rosary and we were lucky that Fr Liddle was able to join the children via zoom to lead them all in a decade of the Rosary. There will be other opportunities for the children to pray this way throughout the month.

As October sets in, please make sure that the children are dressed appropriately; jumpers can always be taken off if (?) it gets too warm! Coats must be in school as a small amount of rain doesn't stop us going outside.

Please remember the rules and systems we have put in place to try to keep staff, pupils and parents safe. We need to minimise the number of people on the site at any time, so only one person should collect and drop off from each family; we have staggered the timings to make this easier. Please do not bring secondary age children onto the playground with you; they can wait at the front of the school. At the end of the day, there is a one-way system from the KS2 playground to the KS1 playground. Please wear a mask.

We are not able to take in items from home at the moment. If the children forget their packed lunches, we will give them a school dinner; if they forget their water bottles we will give them a beaker. This also means we are not able to take in donations of second hand uniform or books for the library.

Please don't forget to pre-order your child/children's lunch for next week

Parents' Consultations - Autumn 2020

Parent consultations will be held on Tuesday 3rd and Thursday 5th November. These meetings will be booked online and then **held by video meeting** rather than in-person at the school.

Appointments will be available to book **from 6pm on Friday 9th October until midnight on Friday 30th October**. To make your appointment(s) please log-in at: <https://parents-booking.co.uk.sacredheart>

Full details will be emailed to parents today. Please read this carefully.

Please note that appointments are for 10 minutes and will start and finish at the times specified in your booking. On the day of your appointment you will need to re-login at the website address above. Please do this 10 minutes before your appointment is due to begin.



Our SENDCo (Mrs Vyas) will also be available for video consultations with parents on both evenings (appointments are 10 minutes). Mrs Vyas will be holding a separate video meeting event for the parents of pupils with support plans during the week commencing 16th November (more information will be given to these parents soon).

If you are unable to book at home, please contact the school office for help.

Individual School Photographs

The school photographer is scheduled to come into school to take individual photographs on MON 12 OCT. They will be working to Covid guidelines and will be wearing PPE. Unfortunately, they will not be able to take sibling photo's this time as the bubbles cannot be mixed.

Y6 Use of Social Media

We have had a few issues within the Y6 groups where incidents that occurred outside school on social media platforms have been carried over into the school day. This can be quite distressing for children and we would ask parents/carers to check that the Apps they are using are age appropriate and be aware of what their children are doing online particularly on Tik Tok, Snap chat etc.

Student Information forms

Student information forms have been emailed to parents. If you have any changes to report please send them back to us via email as soon as possible. If you have not received a form for your child/children, please contact the office as we may not have the correct email address for you.

After school Activities After Half Term

Non Stop Action after school clubs are now ready to book! They will be running Football for Year 1,2 (Mondays, separate bubbles), Dance/Gymnastics for Year 2 (Tuesdays), Football for Year 3,4 (Thursdays, separate bubbles) Y6 boys Football (Wednesdays). If you would like to book your child in, please go to www.NonStopAction.co.uk - please note that it's a new system so you will have to create a new account, even if you have booked with them before. Any issues, please speak to them directly on 020 8446 0006

TOP TIPS FOR PARENTS

Strategies to manage Anxiety.

Anxiety is a normal, natural feeling, everyone has anxious thoughts and sometimes these anxious thoughts are appropriate and helpful. However, for some young



people, their worrying thoughts can become disproportionate and the subsequent anxiety can be difficult to manage as it impacts negatively on their everyday life. Anxiety in children can take many forms but the ideas below can help to challenge and reduce anxious thoughts.

1) Try to stay calm, listen to their worries and help them find ways to re-evaluate their thoughts. Offer empathy rather than solutions, show by listening that you accept what they are telling you, but don't try to solve the problems for them, help them challenge unhelpful thoughts. Be aware of your own anxiety and how you respond to stress.

2) Anxiety is often increased by people worrying about things that haven't happened yet, predicting a worst-case scenario, mind reading or exaggerating the likelihood of an outcome. Sometimes we can help children recognise these negative thoughts by asking:

- What are the facts, what is it that is actually worrying you?
- Do you have any evidence to support these feelings?
- What can you change? What can't you change?
- Is this reaction proportional?
- Is it really as important as it seems?
- Is there another way of looking at this situation?

3) It often helps to write down what is it that they are actually worried about? Thoughts are just thoughts? But children who are anxious often need support to challenge unhelpful thinking.

4) Ask your child to consider what advice would they give someone else having the same problem?

5) Help your child identify a network of people they can turn to for help. People they trust and feel safe talking to. Encourage your child to look at their hand and imagine a person for each finger and thumb who can help/be their support.

6) Try to practice and promote positive thinking, instead of thinking 'I can't' help them to think 'I can't yet'.



7) Remember the good things that happen. Help your child keep a positive log or diary to record things that actually go well.

8) If your child is upset, encourage them to stop and give themselves a little time and space; anxiety does reduce given time. Often music, a chance to draw / doodle, looking through photos or a fidget tool can help distract children and allow their calmer, clearer thoughts to return. Some children find practising breathing techniques or mindfulness exercises help. There are also several apps that can be downloaded free onto mobile phones to help: Sam Anxiety Management is a good example of one.

9) Avoiding situations will only reinforce anxious thoughts and in turn children will not learn that they are able to manage and cope. Always focus on what your child can do. Help them decide on small, gradual exposure steps that with support they can take to improve their situation.

10) Everyone needs time each day to relax so encourage your child to do something every day that they enjoy and that makes them smile.

11) Finally, but very importantly encourage your children to make healthy choices, to eat well, exercise regularly and make sure they get enough sleep. Spending time out of doors helps, as does building in time to connect and talk to other people. Helping others is empowering, it can change the focus and distract from their own worries.

12) Also remember there are always people around who can help. Talk to your child's teachers at school or your family GP if you have concerns.

Westminster Cathedral Choir School

To find out more information on how to apply to Westminster Cathedral

Independent choir school see link:

<http://schools.tecl.co.uk/educationcompany7lz//lz.aspx?p1=MLgDU1NTkxNTMzUzM3NTpE MUQ0NzIxREM0RDY5RDVENTVCQUZBQjFFQTRFNUVBQQ==-&CC=&p=0>

FS 2021

Parents/carers of siblings born between 1 September 2016 and 31 August 2017 should register their interest in a school place for FS 2021 via email

admin@sacredheart.barnetmail.net FAO Mrs Box.

Free School Meals



Please remember to let us know if you think you are eligible for free school meals especially if your child has moved into KS2 (Y3-Y6) and is no longer entitled to universal free school meals. The eligibility criteria is on our website <https://www.sacredheartprimary.co.uk/1331/free-school-meals-1> Please apply even if you are in FS/KS1 at the moment as things like the FSM vouchers which ran through the lockdown are triggered by this.

Please do not send your child to school if they have any of the following symptoms:

A high temperature – this means they feel hot to touch on their chest or back

· **A new, continuous cough** – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual)

· **A loss of, or change in, their normal sense of smell or taste** – this means they cannot smell or taste anything, or things smell or taste different to normal

It is also important that you **do not send your child to school** if somebody in your household has tested positive for, or has symptoms of, coronavirus.

As a precaution, your child must not come into school for **14 days** after coronavirus has been identified in your household, whether confirmed or unconfirmed.

Please notify the [school office](#) via [telephone and email](#) as soon as possible if your child, or somebody in your household, is showing symptoms of coronavirus and your child cannot come into school

ParentMail

We use Parentmail for after school club bookings, trips and visits, permissions and any other items that we need parent/carers to approve. If you are having problems registering please contact office@sacredheart.barnetmail.net as we may not have the most up to date email address for you.

After school Club & Breakfast Club





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After school club bookings **MUST** be made on Parentmail. If you are a new user and will be paying by Childcare vouchers, please let the office know as soon as possible. There will no longer be any **emergency bookings** so please ensure you book in advance. **You will be able to cancel and make changes to bookings yourselves.**

Non Stop Action run breakfast club, bookings can be made via the website www.NonStopAction.co.uk or by phone 0208 446 0006.

Dates for the Diary

Sunday 11th October: School Uniform Sale

Saturday 14th & Sunday 15th November: Bag2School drop off (see below)

Parents Association

FS WELCOME VIRTUAL COFFEE MORNING

A big thank you to all those who joined our first ever FS Welcome Coffee Morning which took place today via Zoom. It was lovely to meet you and to see some faces behind the masks at long last. We hope you found it useful and if anybody has any questions or would like to know more, please email us on sacredheartschoolpa@gmail.com or call Angela Soave on 07900 903799 or Angela Togher on 07917 060342.

SECOND HAND UNIFORM SALE

Weather permitting, we can go ahead with the School Uniform Sale this Sunday between 9.30am - 11am at the Upper Playground. The car park will be open so if you have any good condition school uniform to drop off this will be the perfect time. We also have some lovely Holy Communion dresses, boy's suits and shoes kindly donated by Sacred Heart Families to sell. It is a cash only event and please can you wear a mask.

CHRISTMAS CARDS FOR SCHOOLS

The deadline to return your childrens drawing is officially today but if your child has not had a chance to perfect their masterpieces, then you can drop it off this Sunday at the School Uniform Sale (times above). We will also leave some design templates on the "postbox" in the bike store at pick up today in case you haven't been able to print one. If you have any queries, please contact Andrea Chang (mum to Vinaya 3J and Medany FSJ) on 07734 433630. Happy drawing!

200 CLUB

Many congratulations to the following winners of the September 200 Club:



1st Prize (£125): M Ponevska
2nd Prize (£50): Lucia McDonald
3rd Prize (£25): Liz Nunn

If you want a chance to win a cash prize like our lucky September winners, please complete the application form on the School's website (Parents/Parents Association) and contact Claudia Centanni on 07956 589 454.

BAG2SCHOOL

Our fundraising initiative "Bag2School" for recycled clothing will take place in November so if you have any good condition second hand clothes, shoes, belts, hats, bags, sheets, duvet cover (NO duvets, pillows or cushions please), please put them in a bin bag and keep them safe for us. You will be able to drop the bags off to the school the weekend of 14th/15th November (times to be confirmed). For every kilo received, Bag2School will donate 40p to the school which doesn't seem a lot but last year we raised £1088! They do not accept school uniform but if you have any Sacred Heart uniform to donate, please bring it to the school this Sunday (see above).

