



Sacred Heart School

Service Before Self

Newsletter 1: 9th September 2016

Mon 12 th Sept	Peripatetic Lessons resume this week with the exception of guitar lessons with Mr Graham
Tues 13 th Sept	6.30 for 6.45pm Marketing Meeting in the Prep Room. Welcome to interested people.
Friday 16 th Sept	10.45am Harvest Festival for whole school in St Peter and St Paul's Church, Swaffham
Tues 20 th Sept	7.00pm AGM of PTA
Weds 21 st Sept	3.45pm – 6.00pm U16 Hockey v TGS
Fri 23 rd Sept	No Speech & Drama
Friday 14 th November	Advance notice of the Halloween Disco for parents and pupils.

Congratulations to Mrs Rachel Calvert on her wedding during the holidays to Adam Calvert. We wish them a long, happy and loving marriage.

We welcome Mrs Clifton, Year 2 English and Maths teacher, Mr Paul Dark, Head of Science, Miss Callie Oatridge, in charge of Geography, Mrs Anne Woodhouse, Learning Support and Miss Williams who is supplying for Mrs Pickard, now on maternity leave.

Congratulations to Miss Anna and Miss Graziela who became novices and now look like Sisters and have white veils. They will be studying in the Novitiate in Chesterfield for two years.

On the same day Sr Renata and Sr Michaela changed their white veils for black veils and took what is known as temporary profession. They returned from their Novitiate in one of our Convents in Slovakia and will be working and studying in Swaffham.

Our candidate, Miss Jude arrived from Chesterfield to make the first step in her life to be a Sister by becoming a postulant.

It is quite extraordinary in these days to hear of five young women prepared to give their lives to God. We feel truly blessed by God and see this as a great grace. God has plans for us.



The Free School application is progressing. Dame Rachel de Souza and her experienced Free School Team have kindly volunteered to read through our

submission and make appropriate suggestions so that the Application will be ready for the deadline 28th September. Please pray for its success.

Walsingham Trip –

God wants us to do good things in life but sometimes we do bad things in life like we bicker and fight. He doesn't want us to steal. He doesn't want us to lie and cheat. **He doesn't want us to forget He is there for us.** *Isaac Year 6*

At Walsingham the priest explained that there are three important things to remember: To love God, to love yourself and to love other people. I think that God wants me to help other people... where I see people being unkind or cruel God wants me to find out why people act this way and see if I can understand them and help change them. For example they may be scared or poor. *Samuel Year 7*

God would like me always to try my hardest. He wants me to use my talents. *Daisy Year 7*

On the first day of term we went to Walsingham for our Mass. When we arrived we prayed at the Mercy door and went to the Slipper Chapel. After that we lit a candle whilst thinking of somebody special. We took part in a beautiful Mass. We sang and prayed. It was cool. We then had lunch before going back to school. It was a really lovely trip. Thank you!

Rebecca Cotterill Year 7

Before I went on the trip to Walsingham today I didn't realise what God was asking of me but now that I've stopped for a moment and started listening, I've realised all that God is asking of me and I think from now on I'm going to keep listening for all of Gods requests in my future. *Jasper Hunt Year 8*

To conclude I believe that God has a plan for all of us and everything happens for a reason. I am very thankful for my life and opportunities. I feel like I should be thankful and help spread positivity.

Nestor Bausbacher Year 8

Pupils were asked to respond to the deep question 'What is God asking of me?'

God is asking me to be kind to everyone, to respect not just my classmates but to respect everyone around me. He is asking me to help others when

they feel down or need someone to support them when they are going through difficult times. God is also asking me to try hard in lessons and give every challenge my all and to do well at my homework and to always try hard. God is also asking me to believe more in myself and think to myself that I can do anything well if I try hard and give it my all. *Lucy Year 9*

Throughout the many years that I have been on this earth, I have never been asked or even thought about this question before. I guess it's one of those things you can never be sure of. But today in Mass, I learnt something very valuable. I learnt that I should love God first to understand who I am so that I can love others. I realised the only thing God is asking of me is to love Him the way He loves me. *Emily Year 10*

I really enjoyed Father's homily today as it was very captivating and really made me understand the importance of having God in one's life and allowing him to take the reins – so to speak. *Aurelia Y10*

The results of this year's exams will not decide my future, in fact it is my work ethic, passion and God's guidance which will determine how I succeed in life. I don't know what my future holds for me and in no way do I have a complete plan of the way I want to live my life, but I know that whatever the outcome may be, God has helped pave the way to give me a purpose. To conclude, I think what God is ultimately asking of me is this: it is common knowledge that I will encounter many problems and anxieties throughout my time in school and life in general, but no matter the task I must remain focused and try my hardest, as this will ensure the pinnacle reward of everlasting joy. *Cayman Evans Year 11*

Little Pedlars, Year 1 and 2 had the freedom of the whole school while the rest of the school were in Walsingham.

Mandarin lessons will be offered to Year 5 /6 - 11 pupils on Monday lunchtimes. Pupils interested should go to the French room between 12.45 – 1.15pm from Monday 12th September. Pupils from earlier years will receive Mandarin tuition during lesson time. This is a wonderful opportunity to be taught by Laos Goa, a Chinese speaker and gain an insight into a very different useful language and culture.

The peripatetic Music teachers have asked that we encourage more children to take up music lessons. They offer piano, clarinet, saxophone, flute, violin, viola, cello, guitar and singing and all teachers are prepared to give a free taster session to interested pupils. Some have instruments to hire before any expensive purchases are made so if your child is interested please let the office know

Mrs Smith will be holding her 'Knit & Knatter' club on Friday lunchtimes for pupils interested in learning how to knit. Any pupils from Year 3 upwards are warmly welcome.

Thursday after school activity – 4.00pm – 6.00pm. The Young Embroiderer's Guild – we are offering a unique opportunity to pupils of all ages to learn new skills with creative textiles and stitching. There will be visiting speakers and the chance to exhibit your work and enter into a competition in July. The local President, Lesley Jones, of the Embroiderer's Guild lives locally and has offered to pay the subscriptions of all members. If you are interested please contact Sr Francis or Mrs Heale. First session will start on Thursday 15th September.

Davis Cup Tennis Trip – Year 3 and 4 have been given the opportunity to see the Davis Cup and have a one hour tennis coaching session with top GB tennis coaches. The children will be driven by minibus on Tuesday 13th September to Lynnsport, after an early lunch, and will return at 3.15pm. The children need to have with them their full PE kit (fleece, T-shirt, shorts/skirts, joggers, white socks and trainers) and water to drink. *Mrs Calvert*

On Friday September 16th we will be holding our annual Harvest Festival. Celebration at St Peter & St Paul church at 10.45am to which everyone is welcome. This year we are asking that most contributions are suitable to donate to the Food Bank in Swaffham, as this year there will not be our usual opportunity to raffle our produce on the Sunday market. Please could pupils bring in 50p - £1 to purchase fruit – money to the Charities Prefects next venture. We will sell some items at the end of the Harvest Festival. Please come and support us. Thank you for your support.

My Visit to RAF Brize Norton

I am a Leading Cadet in the RAF Air Cadets, I joined the cadets last year and have enjoyed everything that the cadets have to offer from shooting to parades. I was lucky to be offered the chance to go on a summer camp and went to RAF Brize Norton from the 21st to the 26th of August. RAF Brize Norton is the UK's largest RAF station; it is also the UK's Transport Aircraft Movement Hub.

During my time at Brize Norton, myself and others from all over East Anglia visited the majority of the Station, from the Loaders to JADTEU. They are the people who make sure parachutes work. On the trip we also got to do things after the long day had finished such as bowling, football, swimming. The camp as a whole was fantastic but there were some things that shone brighter than others, a good example was when we visited the Regiment

parachutists and we got to use their parachute simulator. It was a model of a Hercules with 4 cut-outs for doors and you were attached to a cable that would slow you down gradually as you fell to the floor. On the same day straight we tried the parachuting we had an opportunity to view the A400M aircraft in its nice and shiny new condition although some people preferred viewing the old Hercules earlier in the week!

This was not the highlight however, there was still something better than all of this, a flight in a C17. The C17 is the largest aircraft the British Armed Forces own, and we got to take a flight in one. There are only eight in total that the British own, so it's lucky for us to get to see one, let alone fly in one! There is something about them that was a bit different in the Loadmasters own words "There's always something wrong with it, big or small, always something." They weren't lying! During the flight a "minor glitch" had appeared, what had happened was the landing gear brakes which are used to slow the plane down on landing had locked up, we were supposed to land at Mildenhall but its runway was too small because of this glitch and we had to land elsewhere.

The camp overall was really amazing, with a lot of laughs and a few reasons to get told off (shoes not clean enough or room not tidy) I think everyone had fun. My highlight of the whole trip was definitely the C17 flight, because it was my first ever flight, what a way to have your first flight, in one of the British Armed Forces largest aircraft.

I would encourage more people to join the cadets, there are so many things to do and so many things to learn from how to iron your uniform or learning to shoot or map reading.

Alex Grapes 1894(Swaffham) Squadron Air Cadets.



If you are Year 8 and 12 years of age and would like to get involved meetings are held at the TA Centre, Sporle Road on Monday and Wednesday evenings from 7.00pm – 9.30pm. Tel: 01760 724617. Leaflets are available in reception.

Germany meets Great Britain - (Chantal and Paula) This was the reason for our three-week placement (8th to 29th June 2016) at the Sacred Heart School. Together we wanted to learn the

English language and the culture of Great Britain. Both we learned at the school and at the Convent where we stayed.

Paula worked with "Little Pedlars" and Chantal with "Year one and two". Our work was to look after the children, to help the teachers and play with the children.



In the breaks we loved to play with the children, Chantal played catching and Paula played football with the children. After break our clothes were often dirty and it was such fun! Moreover, it was really interesting to watch Music and PE lessons.



During our time at Sacred Heart we took part in the Garden Fete and we went with both classes to Farmer Fred's and to the beach in Hunstanton. On this trip we had another view of the children and this experience was fantastic.

We stayed in the Convent with the Sisters. It was interesting to live together with the Sisters and we had the chance to go with them to Mass, to go swimming, to cook in the evenings or to go with them to some parties (Happy Feast Day, BBQ)!



Moreover, we cannot forget the time when we helped the teachers, who live in the Convent, to prepare things for the next day! We had some funny moments.



Furthermore, we were given the opportunity to visit Cambridge. We are happy about all these moments and experiences and now we can understand the English culture better.

Moreover, we want to say thank you that everybody had so much patience and for the opportunity to see the development of the children in the short time in which we accompanied them.

We wish the children, the Staff and the Sisters all the best for the future.

Chantal and Paula from Lippstadt, Germany

General Reminders:

Trip money – a maximum of £3 is allowed as spending money for any school trip.

Health and Safety

Please could we remind all parents that children and parents should not be in the school buildings before 8.30. If necessary, children should be left in the Boarding House and encouraged to be responsible for carrying their own bags.

We would also request that children and parents **do not** wait under the Cloisters or on the playground before 3.45 – children should be collected at the

back gate where staff are on duty, if they are not going into the Boarding school or on the bus. As well as being a distraction to Years 3-11 who do not finish until 3.45 it is also very difficult to monitor the safety of the children. *Miss S Gooderson*

School Uniform - Please could you ensure that your child has the correct school uniform. School shoes should be sensible and black in colour and trainers can only be plain white or plain black. Girls skirt lengths must be well below the knee and ALL uniform and equipment should be clearly labelled (initials are not sufficient).

School Uniform Shop – Good quality used uniform is always welcome to sell in the shop. Mrs Dorling organises the shop and has offered to help parents any morning up to about 9.30am. She has advised that there are now a number of dance items available.

Medical Review Forms Reminder- Please complete and return the form sent home last term to provide us with up-to-date medical information, confirm the most recent contact details and also give your permissions for hospital, outings, photographs and images **and, for Senior School paracetamol.** If you require another form please contact the office. Thank you

If anyone is able to site a large banner (3m x 1m) to advertise the school, please email Mrs Phillips shmovingforward@gmail.com Thank you

Swaffham Town FC has funding for U14 & U16 Girls football teams from September. Darren, a serving policeman is organising the clubs with qualified coaches. His mobile number is: 07900 565836 or visit the website for more information.

Sr Francis and staff

