



# Sacred Heart School

Newsletter 21: 24th February 2017

## CELEBRATING 100 years of EDUCATION

Service Before Self.

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@SHS\_Swoffham



Friends of Sacred Heart School

Fri 24 <sup>th</sup> Feb	3.00pm – 5.00pm Basketball v KES (4.30pm at KES)
Mon 27 <sup>th</sup> Feb	3.45pm – 5.45pm U14 & U16 Netball at Home v Springwood.
Tues 28 <sup>th</sup> Feb	9.15am Years 1 & 2 Assembly in the Barn Theatre. Parents welcome to make refreshments beforehand No lessons with Mrs Crossman today 11.45am Pancake Race at The Market Place 3.45pm – 6.15pm U14 Hockey v Marshland at Lynnsport. 7.30pm NarVOS in the Barn Theatre. The re-introduction of Great Bustards to Salisbury Plain.
Thurs 2 <sup>nd</sup> March	12.15pm Whole School Frugal Meal 3.45pm – 5.30pm U12 & U13 Netball v KES. Home
Fri 3 <sup>rd</sup> March	3.00pm – 6.00pm U11 & U13 Netball v Glebe. Away
Sat 4 <sup>th</sup> March	11.00am – 6.00pm ISA National Cross Country
Wed 8 <sup>th</sup> March	12.30pm – 3.30pm Little Pedlars, & Years 1 & 2 to see 'Room on the Broom'
Thurs 9 <sup>th</sup> March	8.30am – 2.30pm Years 9 & 10 Norfolk Skills and Careers Festival at Norwich Showground
Sat 11 <sup>th</sup> March	Flame at Wembley Arena, London
Mon 13 <sup>th</sup> March	7.00pm PTA Meeting in the Prep Room
Tues 14 <sup>th</sup> March	3.45pm – 5.15pm U16 Netball v St Clements. Home 5.00pm – 7.00pm Parents Evening Years 7 – 9 in the Gym
Weds 15 <sup>th</sup> March	3.45pm – 6.15pm U12 & U14 Netball v St Clements. Away
Thurs 16 <sup>th</sup> March	3.45pm – 6.15pm U14 Hockey v KES at Lynnsport. Away
Weds 22 <sup>nd</sup> March	3.45pm – 6.15pm U14 Hockey v DMHS at Lynnsport <b>5.30am for 6.00pm performance. LAMDA Speech &amp; Drama Evening in the Barn - POSTPONED</b>
Thurs 23 <sup>rd</sup> Feb	3.45pm – 6.30pm (or 5.30pm at Smithdon). U14 & U16 Netball v Smithdon. Away
Saturday 25 <sup>th</sup> March	6.30pm – late. Traditional Ceilidh. Please see PTA information below
Tues 28 <sup>th</sup> March – Thurs 30 <sup>th</sup> March	3.45pm Duke of Edinburgh Practice 5.00pm Return
Weds 29 <sup>th</sup> March	3.45pm – 6.15pm U14 Hockey v KLA at Lynnsport
Thurs 30 <sup>th</sup> March	10.00am – 12 noon Little Pedlars Open Morning Afternoon Whole School Musical Showcase. Parents Invited
Fri 31 <sup>st</sup> March	House Hockey & Football 3.45pm End of Term

### Well done to the following pupils who have reached Housepoint Award milestones:

Bronze (25): *Harriet Horton, Alex Grapes, Abigail Flannigan, Ellen Betts, Charlotte Skerry*

Silver (50): *Joe Reed, Abigail Flannigan*

Gold (100): *Hannah Turner*

Emerald (150): *Lily Wainer*

### Well done to the following pupils who have reached Service Award milestones:

Bronze (25): *Harriet Horton, Joe Reed,*

*Abigail Flannigan, Lucy Skerry, Oskar Harris*

Silver (50): *Hannah Turner*

### Lower School.

Please could we remind parents / pupils that unless they have express permission from Sr Francis, Miss Gooderson or Mrs Calvert mobile phones, ipads, and other such devices should not be brought into school. Thank you for your co-operation.

*Miss Gooderson*

### Perfumes and Aftershaves Using Ratios –



In our maths lessons we have been looking at ratio. After studying it for a while we started to look at perfume ratio 'recipes'. We were put into groups of two or three, and as a group came up with our own

'recipes' using essential oils such as mango, cinnamon and amber! In our lessons we learnt about sharing an amount in a given ratio, simplifying ratio and proportions to help with our project. Our perfumes contained a range of base notes, heart notes and top notes in different ratios. It was interesting to learn about what goes into making every-day perfumes and aftershaves. Some of us bravely wore our perfumes around school! *Year 9*



**Shrove Tuesday has been the traditional day in the Swaffham Community to hold a Pancake Race organised by the Rotary Club.** Last year Lily Wainer and Nestor Bausbacher won the race. This year after an internal heat, four pupils from Years 5 & 6 will compete in this fun event at 12 noon outside the Assembly Rooms. Please come and cheer them on.

**Next week Lent begins which is a time for prayer, fasting and almsgiving (giving to charities).**

*Prayer* – The pupils have already decorated their palm crosses and will return them to the person they will be praying for. We will pray for the needs of our war torn and poverty-stricken world. Pupils will be introduced to the way of the cross walked by Jesus as he went to be crucified. The prayer starts with Ash Wednesday when all pupils from Year 1 upwards go to church.

*Fasting* – will begin on Thursday the day after Ash Wednesday with a Frugal Meal for the whole school in the gym. Three members of Year 11 will represent the rich of the world (about 2%) and have a served meal of their choice whilst the rest of the school community sit on the floor and eat a simple meal. Churches Together Frugal Meals take place each Friday during Lent in a different church every week and the money collected is sent to Christian Aid. This Friday Year 11 will participate in the meal at the Baptist Church.

**Open Day takes place this Saturday from 10 – 12 noon.** As usual we are requesting pupil and parent volunteers. Many of the younger pupils have

volunteered but this is also an opportunity for the Duke of Edinburgh Service Groups to clock up some service time.

**Car Parking at the front of the school is still a serious issue** and I heard recently that this problem is causing animosity towards the school in the town. Not only is parking on the double yellow lines dangerous for children and our own pupils but it is going to be the cause of a serious road accident. Townsfolk are reporting that the road width is being compromised and there are real mutterings about thoughtless and careless Convent Parent drivers. Please report any parents still parking on the double yellow lines. This must STOP now before there is a serious accident. It is giving us a bad name in the town and this is not helpful to our Free School bid.

**Sainsbury Active Kids Vouchers - Total so far is 330.** We are collecting the vouchers, so please encourage friends and relations to collect for us as well. There is a collection box in the Middle School, or send them into the school office. Thank you.  
*Vivienne Phillips*

**Please return trophies presented at Prize-giving, ensuring that your child's name has been engraved, to the office as soon as possible.**

**On 28<sup>th</sup> February Sr Renata has organised a 'Sister Act Night' gourmet evening, as part of her studies at The College of West Anglia. The cost is £15 and tables can be booked 01553 815464**

#### PTA

**\*\*\* SAVE THE DATE \*\*\***

Date: Saturday 25th March 2017

Venue: Sports Hall, Sacred Heart School

Time: 18:30 - late

Ticket: £15 per adult, £5.00 per child (under 3's £3.00). **Please note amended prices**

Celebrate spring with family and school friends at a traditional Ceilidh! With a fantastic ceilidh band making the evening go with a swing, complete with it's own caller for all the dances, there will be a Hog Roast, and promises of Norfolk Ale with a cash bar. A great night awaits to shake away the cobwebs ahead of the start of Easter!

Kilts welcome (knobbly knees optional!), please mention to friends and family, and help support the Sacred Heart PTA with some great ticket sales. (Please note: tickets have already been in high demand, so please don't miss out!

To get your ticket please contact **tashmilne@hotmail.co.uk** or call **07715443742**, tickets also available from SH school office.

**Sr Francis and Staff**