



# Sacred Heart School

Newsletter 16: 12<sup>th</sup> Jan 2018

## CELEBRATING 100 years of EDUCATION

Service Before Self

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@SHS\_Swaffham



Friends of Sacred Heart School

Mon 15 <sup>th</sup> Jan	7.00pm PTA Meeting, Boarding House
Mon 15 <sup>th</sup> – Wed 17 <sup>th</sup> Jan	Year 6 Scholarship Assessment Days
Friday 19 <sup>th</sup> January	3.00pm Year 5 Assembly in the Barn Theatre. All Parents welcome Trophies and Awards from Prizegiving presentation to be returned engraved please.
Wed 24 <sup>th</sup> Jan	2.15pm – 3.00pm U9 & 3.00pm – 3.45pm U11 Football v Glebe at Home 5.00pm -7.00pm Years 10 & 11 Parents Evening
Fri 26 <sup>th</sup> Jan	3.00pm Year 4 Assembly in the Barn Theatre. All Parents welcome PTA Chinese New Year Pupil Disco. Details to follow
Tues 30 <sup>th</sup> Jan	7.30pm (NarVOS). An illustrated talk by Mike Crewe, entitled: Cape May in the Barn Theatre
Thurs 1 <sup>st</sup> Feb	3.45pm – 6.30pm U12 Girls Basketball Tournament KLA
Fri 2 <sup>nd</sup> Feb	3.00pm Year 3 Assembly in the Barn Theatre. All Parents welcome
Fri 9 <sup>th</sup> Feb	3.00pm Years 1 & 2 Assembly in the Barn Theatre. All Parents welcome Speech & Drama Exams 3.45pm Half Term begins
Mon 19 <sup>th</sup> Feb	8.30am School resumes 8.45am – 1.30pm Year 11 GCSE to Norwich Playhouse
Sat 24 <sup>th</sup> Feb	10.00am – 12 noon Open Morning
Thurs 8 <sup>th</sup> March	BINGO. Doors open at 5.45pm – Eyes down 6.30pm

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

Copper (10): Year 2 – Dexter Baker-Jones  
Bronze (25): Year 2 – Darcy Bracken, Tallulah Bracken, Lauren McKnight

A Sacred Heart gold bar badge is going to be presented each week to one pupil in the Lower School and one in the Upper School, whom the staff feel have been outstanding in work, effort, service or friendship. The names will be printed in the newsletter weekly.

**Staff and pupils undertake regular fire drills and following the horrific Grenfell Tower fire, we have undertaken a review of our fire risk assessment for all the buildings on the school site and the school Fire Policy. We are able to confirm that none of our buildings have Aluminium Composite Material cladding.**

**Sports Report** – On Tuesday 9<sup>th</sup> January, pupils from Years 7 – 11 competed in a cross country competition at Neatherd, Dereham.

Well done to everyone who ran: we returned with some very impressive results. Thank you to Mrs Calvert and Mr Hodges for taking and supporting us in such a successful and enjoyable event.

*Connie Wildbur Sports Prefect*

**The Holiday Challenges are quite delightful to view**, so many interpretations of the same theme using the same kind of frames. It is lovely to see

happy families smiling at us. The staff are always impressed by the distinctiveness and variety of the holiday challenges. We were very fortunate to have all the frames donated by a former parent, Freya Barlow's father.



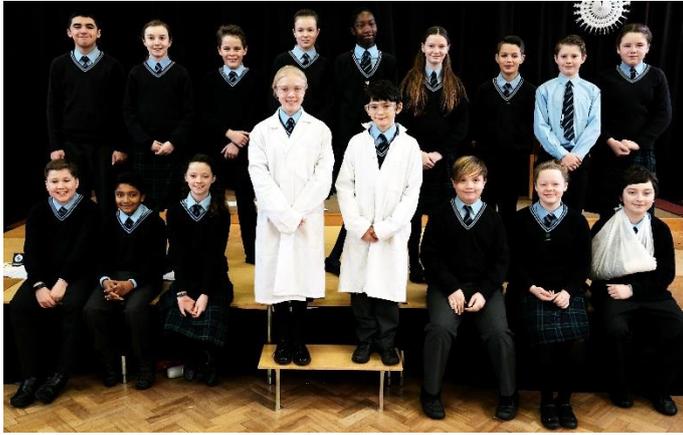
**The Hazels have also been very generous in supplying us with laser cut wooden objects.** These are used on many occasions, including the Three Kings Assembly gifts to Years 3 – 11. We are always creative with items given to us so please ask if you have a surplus of goods. The children will always tell you if they think the items would be useful as they are very creative.

**The response to the Bishop's appeal for items for the Syrian Refugees was heart-warming**, with some children giving up many of their treasures. Thank you for helping others. Our motto of Service before Self is very important to us and keeps a Community spirit alive.

## Scholarship Days for Year 6 will take place on Monday 15<sup>th</sup> – Wednesday 17<sup>th</sup> January 2017.

Scholarships are available on entry to Senior School and are awarded on merit. . Everyone in Year 6 will be assessed alongside external candidates and the most successful worthy candidate will be given an academic award up to a maximum of 50%. Scholarships are not related to parents' income.

## Year 7 Assembly on Blue Monday



Monday 15th January 2018 will be the most miserable day of the year! According to a psychologist called Cliff Arnall, the third Monday in January is always the most depressing day of the year. Year 7 armed the school today with 10 phrases that will help everyone to be more resilient this coming Monday!

- 1) The humour strategy for those that are experiencing disappointment: "Come on, Laugh it off"
- 2) The contain your thinking strategy, for those that over think things: "Don't let this spoil everything"
- 3) For those that are experiencing a busy life with a lot of stress: "Come on let's take a break"
- 4) For those that are keeping their worries inside there is the Seeking help strategy: "Who have you spoken to about this, let's talk!"
- 5) For those of us that have been bullied or experienced a great loss. You can offer hope.: "I know it looks bad now but you will get through this"
- 6) For when mistakes have been made we could use positive reframing: "What can you learn, so it does not happen next time?"
- 7) For the times we feel we have performed badly or messed up an exam we can use acceptance: "Don't worry- relax and see what happens"
- 8) We can use the maintaining perspective strategy when we blow things out of proportion: "This isn't the end of the world"

- 9) If you find yourself or somebody else exaggerating, try to use flexible thinking: "You could be right. But have you thought about..."
- 10) And finally for the times when someone feels inadequate it's time to start taking action: "What can we do about this"

**Miss Helen's Dancers were presented with their certificates this morning. Many congratulations to everyone for achieving such fabulous results!**



**Well-being** - As the world is reported to be a more stressful place for the youth of today, Sacred Heart School has put focus on 'well-being' for this academic year. Students have been encouraged to consider what well-being is and how they can help themselves and their peers to gain a more positive perception of themselves and the world. PSHEE lessons and assemblies have introduced concepts and techniques to improve well-being. Some classes have done workshops in yoga and nutrition, whilst others have taken the time to visit art exhibitions. Most recently, the school took the last morning of the Autumn term to explore well-being; allowing students the freedom to try something new, challenge themselves and bond with students from different year groups.

Some activities were active: some students gaining a sense of achievement from running the furthest they had ever run before, others learning how to 'improve fitness' in HIIT training, whilst others learnt the 'benefits of yoga' for 'relaxing and toning'. Some students embraced a challenge, with orienteering introducing students to 'new skills' such as 'the compass, maps and Morse code'. Some were mindful and explored the quotes of great philosophers about happiness and how it is achieved. Many got creative! Some learning to arm knit, while others danced and made decorations. Meanwhile, another group learnt the benefits of animal companionship and explored some of the world's amazingly adapted creatures.

The well-being day was enjoyed by all of the students and staff; leaving for holidays with a positive outlook and well informed in ways that they can improve outlook and perception of themselves.

*Miss Oatridge*

**Just before Christmas, Reception, Year 1 and Year 2 went to Norwich Playhouse to watch a performance of “The Tiger Who Came to Tea.”**

We enjoyed watching the tiger eat all the food in Sophie’s house and were amazed at some of the tricks and surprises.

We had a lovely time and all the children behaved beautifully.

“I think the best part of the show was when he (the tiger) came in the door and scared Sophie’s mum.”

*Dexter Year 2*

“My favourite bit of the show was the silly milk man with the spider in his hat.”

*Cormac Year 2*

*Mrs Clifton and Mrs Riedlinger*

**Stamp Appeal** – Sr Emilia would like to ask that any stamps that you receive on Christmas envelopes be sent in for her charity collection. Thank you.

**Please send in any unwanted Christmas cards for the Art Department to use. Thank you.**

**Big Brother, a Bit on the Side** - Sr Linda took part in this programme last Thursday and we are pleased to announce that Channel 5 treated Sr Linda with the greatest respect as she prayed for women to be good role model in society. She was surprised at the warm welcome that she received from the panel and the audience. The Sisters have become very popular and widely known since Bad Habits, Holy Orders and have been told that they have uplifted the position of Religious Sisters in Society. We have been so overwhelmed by so many letters of thanks and people seeking help and support from the Sisters that it shows there is a great thirst for a more respectful and community way of life that seems to be lacking. Everyone we encountered on TV were so pleased to be involved with the Sisters. Sr Linda will

feature on This Morning Show, possibly next week to give a New Year Message. The media have certainly taken to Sr Linda. The Catholic organisation CISC to which the school belongs asked us to write an article for their website and you will find a copy of this on our website next week, if you are interested.

**Car Parking** has become a social media subject amongst parents who are very worried that with such thoughtless parking there will be a serious accident one day. Quite rightly parents are going to report offenders to the police. The neighbours are also very annoyed at the inconsiderate behaviour of parents and are also going to report to the police. Our school gets a very bad reputation for inconsiderate parking and it is only a few parents who, those who walk into school can identify. It is known that it is problematic to park at the back of the school but the Catholic Churches Car Park has been offered and it really is not far to walk from the town. Everyone could benefit from exercise.

**Senior School Awards / Trophies need to be returned to the office within the next two weeks.** Please ensure that they have been engraved.

**Medical or Dental Appointments** – If you need to collect your child for an appointment during school time please confirm the details in writing, either in their diary, a copy of the appointment or by email to [info@sacredheartschool.co.uk](mailto:info@sacredheartschool.co.uk) . Pupils should be collected from school. We will not allow a pupil to leave school premises without written permission. Thank you.

**2018 – 19 Term Dates:**

8.30am Wednesday 5<sup>th</sup> September – 3.45pm Wednesday 17<sup>th</sup> October 2018

8.30am Monday 29<sup>th</sup> October – 3.45pm Friday 14<sup>th</sup> December 2018

8.30am Monday 7<sup>th</sup> January 2019 – 3.45pm Friday 15<sup>th</sup> February 2019

8.30am Monday 25<sup>th</sup> February 2019 – Friday 5<sup>th</sup> April 2019

8.30am Monday 29<sup>th</sup> April 2019 – 3.45pm Friday 24<sup>th</sup> May 2019

8.30am Monday 3<sup>rd</sup> June 2019 – 3.45pm Friday 12<sup>th</sup> July

**Inset days:**

Monday 3 & Tuesday 4 Sept 2018

Friday 4<sup>th</sup> January 2019

Thursday 18<sup>th</sup> July & Friday 19<sup>th</sup> July 2019

**Please remember that we have 3 weeks longer than the maintained schools as we work longer hours, therefore all pupils holidays should be within our holidays.**

# Sacred Heart School Swaffham

Whole  
community  
event

Tell all your  
friends and  
family



Doors open 6pm Eyes down 6.30pm

## Thursday 8th March



Full booklet £6  
Smaller books for children from £2  
Cash flyer £1 (adults only)



Everyone and all ages welcome

Car park at back of school on Sporle Road  
Signposts to Main School Hall