



# Sacred Heart Primary School

“Aspire Nurture Learn Achieve”



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25<sup>th</sup> August 2023

Dear Parent/Carer,

It has been such a busy week in school and already our youngsters are getting out and about – taking their learning out with school and into the community.

Our Primary 2 and Primary 3 pupils met with an author and an illustrator as part of an initiative led by the Scottish Book Trust. The children had a fabulous afternoon learning how to write and illustrate a book.

We have purchased a few copies from the book series and will share these with the children during story time.



## Play Therapy Drop-ins

This week we welcome Sophie Rushton who is joining us at Sacred Heart to offer Play Therapy drop-ins on a Monday lunchtime. These are open to the children in P6 and P7 initially. A consent letter has been sent home with all the information about the drop-ins and we would require your consent before any of the children could participate. If you would like further information about Play Therapy, please contact the school office.

## Sacred Heart Star Award

This week the following children have been acknowledged as ‘stars’ within our school community:

- ★ Jeff (P1) – successful learner
- ★ Savannah (P2) – confident individual
- ★ Layla (P3/4) – confident individual
- ★ Kupa (P4/5) – confident individual
- ★ Tom (P5/6) – effective contributor
- ★ Ameliah (P7) – confident individual

Dear Lord

As our children begin a new school year, we pray that you will keep them in your care.  
Help them to see the gifts and talents you have given them and to use them well.  
Help them to grow in knowledge and wisdom.  
Help them to be kind to others and lead others to be kind to them.  
Send your angels to guide and guard our children and to keep them from all harm.  
Hold them in the palm of your hand and bring them home safely at day's end.  
Amen.

Well done to all of our Sacred Heart Stars – you have shone brightly this week!

### Our RERC learning this week:

It was lovely to see all of the children this week and we wasted no time getting back into the swing of things with our RERC learning – Ms Wilson

Primary 7 were exploring the creation of our world and, after reading (Genesis 1: 26-28), they made a list of all the questions they had regarding creation. They discussed how creation is ongoing and that we can cooperate in God's creative work by protecting nature and promoting life.



Primary 5/6 were exploring the differences between 'moral evil' and 'natural evil' and how this contributes to suffering in our world. They discussed how God's motives can be questionable during difficult times, but that God helps us to bear our sufferings with love and hope.

Primary 4/5 were learning that God created us, body, mind and soul and in His own image. We read through Genesis 1: 26-27 and then looked in more detail at the three parts of ourselves – body, mind and soul. In groups the children looked at an image of the painting by Michelangelo 'The Creation of Adam' and talked about what it tells us about God and His creation.

Primary 3/4 were exploring Genesis 1:26-27 and were learning that God created us in His image and in three part; body, mind and soul. We talked about the uniqueness of each one us and how God's love for all of us is eternal

Primary 2 listened to Mark 10: 13-16 – 'Jesus Blesses Little Children' and discussed that Jesus treated everyone fairly and He wants us to do the same. We then introduced the concept of justice and how we can apply this to our own lives by playing fairly with classmates and by sharing in many different ways. We explored different ways that we can show love to others and recognised that when we do this, we are spreading God's love.

Primary 1 listened to the story of the Two Builders – The Wise Man and the Foolish Man. The foolish man built his house on the sand, while the wise man builds his house on the rock. When the rains came, the land flooded and the house built on the sand collapsed. The house on the rock remained intact. We then talked about asking God for help and guidance as part of our faith journey.

### Snack time!

Please be mindful that food you provide at morning break should be a **small, healthy snack such as one piece of fruit**. Morning break is only 15 minutes long and some of the younger children are becoming upset as they have 2 or 3 items that they think they should eat but do not have sufficient time to do so. This break is also to allow for movement and to visit the bathroom.



Due to severe nut allergies at our school, please do not send your child to school with snacks or lunch items containing nuts. This includes, but is not limited to, Kinder Buenos, Nutella, Daim bars and peanut butter. Please note that any snacks with nuts in them will be sent home with your child.

We have noted a rise in sugary snack across the school. Please be mindful of the negative effects that sugar can have on the mood and ability to concentrate in children. Snacks which have naturally occurring sugars or slower release carbohydrates such oat cakes would be better for them.

## Earrings

Lots of our children have returned to school this year with pierced ears. For health and safety reasons, we would remind you that the children should only wear stud style earrings. There should be no hoops or dangling earrings.

## Complete Those Vital Forms...

**Annual Data, Permissions and Flu Vaccination forms** - please ensure you complete and return **ALL** forms to school **no later than Monday 28<sup>th</sup> August**.

**Milk** - final orders must be received by **Monday 28<sup>th</sup> August** - please submit the online form and complete payment on ParentPay.

**Remember, if you apply for Free School Meals – your child will get milk for free.**

<https://forms.gle/p3Nn1B2S1TWa5upW7>

## Friday Lunch Opt-Out

Last Friday we had so many packed lunches which went unclaimed. It may be that this was just because we are not yet in a routine but we are, as a school, committed to reducing food waste.



If your child does not require a Friday packed lunch, please use the opt-out link below. This will not affect their school meal entitlement from Monday to Thursday. Should your circumstances change, you will be able to opt-in again at any time by emailing the school office.

<https://forms.gle/BLHJ519GpjFThe4w8>

## Registering For Free School Meals



An important source of income for the school is through funding from Midlothian based upon the number of children who have applied for 'free school meals' (FSM). Unfortunately, as all pupils from P1 – P5 are now entitled to a school lunch, the numbers of families who apply for FSM status has dropped dramatically and so, therefore, has the **vital funding** to the school.

It would be fantastic if all families, who believe that they would be entitled to FSM (P1 – P7), would **apply through the link below**, so we can increase the numbers who are registered and increase the funding to school which can be used to support our children in so many ways. There are so many additional benefits to you, and your child, if you do apply for FSM such as:

- Free milk
- Access to clothing grants
- Access to financial support for trips / events



You may not be aware that you are eligible for FSM so please check see if any of the following criteria applies to your family. Do you receive:

- Universal Credit (where your monthly earned income is not more than £726)
- Income Support
- Income-based Job Seeker's Allowance
- Income-based Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999

Your child is also entitled to free school lunches if you get:

- Child Tax Credit, but not Working Tax Credit, and your income is less than £18,725
- Both Child Tax Credit and Working Tax Credit and have an income of up to £8,717

[https://www.midlothian.gov.uk/info/855/school\\_meals/117/free\\_school\\_meals\\_and\\_clothing\\_grants](https://www.midlothian.gov.uk/info/855/school_meals/117/free_school_meals_and_clothing_grants)

The school will be more than happy to support you in completing the necessary paperwork so please do not let that put you off applying. Remember, the more families who register, the more funding the school gets and ultimately this benefits the children.

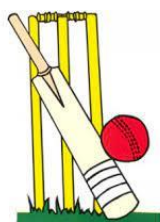
### Panto!

One aspect of Sacred Heart which makes us truly unique is our commitment to the dramatic arts. Our children participate in school 'Shows' every year and we try to give our pupils the opportunity to see a range of performances from theatre groups.



This year we are resuming our annual visit to see the pantomime - one of the oldest forms of theatre art. I know this has been a feature of our school year which has been sorely missed. We have booked tickets for the Festival Theatre Pantomime this year to see The Adventures of Peter Pan. This is a wonderful experience for our learners. Letters and permission forms have been issued and we ask payment of **£14 is made via ParentPay by Friday 1<sup>st</sup> September.**

We do not wish any of our learners to miss out so if this causes you any concern, please contact the school so we can put a plan in place.



### P7 Cricket

Starting on **Tuesday 29<sup>th</sup> August**, P7 will have a **4-week block** of cricket training led by Dave from Penicuik Cricket Club. These sessions are planned to be held outside and so joggers and sweatshirts are recommended as PE kit for those sessions.

### P5/6 Rugby

Starting on **Thursday 9<sup>th</sup> September**, P5/6 will have a **6-week block** of rugby training, led by Josh from Penicuik Rugby Club. Josh has previously worked with our P7s and P6s and is very much looking forward to passing on his love of the sport to our youngsters. These lessons will be held outside so joggers and sweatshirts are recommended as PE kit for those sessions.



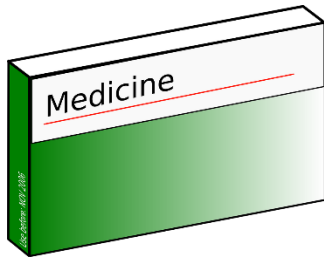
### PE Days

P1 – Monday and Wednesday  
P2 – Tuesday and Thursday  
P3/4 – Monday and Wednesday  
P4/5 – Tuesday and Thursday  
P5/6 – Tuesday and Thursday  
P7 – Tuesday and Thursday

PE kit should include a fresh T-shirt, shorts / leggings and trainers.

If your child's PE session is to be outside, they can wear joggers/leggings and a sweatshirt.

The children should, for hygiene reasons, have clothes to change into.



### Medication

If your child is taking any form of medication in school - whether it be prescribed or over the counter - **we will require a medical form to be completed by an adult on site. No child should have any medication in their bags or be self-medicating.** It is vital that all medicines are held centrally and carefully monitored to ensure that the children are kept safe. We would appreciate your support with this matter.



### Coffee and Chat

Our first Coffee & Chat for the new term will be on **Friday 1<sup>st</sup> September** at 9.00am. We look forward to meeting with as many parents / carers as can manage to come along to Sacred Heart that morning.

*Coffee & Chat*

Going forward, our plan is to alternate between 'in-person' and 'virtual' get togethers so, if other commitments prevent you from coming along in person then hopefully we will be able to meet virtually next time.

### Free Parenting Resource

Amid the digital buzz, we're excited to present an invaluable **free** resource from children's mental health charity, Place2Be, that promises to make a positive impact for your pupils and families.

Introducing [Place2Be's Parenting Smart website](#) – a one-stop hub for empowering parents with expert insights, actionable advice, and illustrative videos. It's the compass they need to navigate the intricate world of parenting and compiled in an extremely accessible format.



Benefits of the Parenting Smart website:

- ★ Boost Confidence: 74% of users reported enhanced parenting confidence.
- ★ Ease Anxiety: 76% feel less anxious about doing the right thing as a parent.
- ★ Strong Recommendations: 92% would recommend the website.

### Reporting Absences

Please ensure that you call or email in to school to report your child absent. You do not need to wait until the morning to do this, as you can leave a message in the dedicated telephone mailbox as soon as you are aware that your child will not be attending school. You can also email this information to [sacredheart\\_ps@midlothian.gov.uk](mailto:sacredheart_ps@midlothian.gov.uk)

Please ensure that all messages clearly state your child's name, class and the reason (advising symptoms where appropriate) for his/her absence. Your support with this matter is appreciated.



### 48-hour rule

We would remind parents that if your child has been sick they cannot return to school for 48 hours. This guidance also applies to those who experience an upset tummy. This is to give them time to recover and to ensure that any virus is not spread around our community. We appreciate your co-operation to help us keep everyone safe.



## Dates For Your Diary

- Thurs 31<sup>st</sup> August - Meet the Teacher - in school 3.30 & 4.00pm
- Fri 15<sup>th</sup> & Mon 18<sup>th</sup> September - September holiday weekend
- Tues 26<sup>th</sup> September - School photographer - pupils individual and sibling photographs (for those attending SHPS and ELC only)
- Wed 27<sup>th</sup> September – P2 Visit to Rosslyn Chapel – parent helpers required
- Mon 16<sup>th</sup> - Fri 20<sup>th</sup> October - October week
- Mon 23<sup>rd</sup> October - In-service Day (school closed to pupils)
- Thurs 16<sup>th</sup> November - Parent Consultations
- Fri 22<sup>nd</sup> December - Christmas holidays - school closes 12.25pm
- Tues 9<sup>th</sup> January – New term starts for pupils

## Term Time Days of Obligation – whole school mass

- Wed 1<sup>st</sup> Nov – All Saints
- Thurs 9<sup>th</sup> May – Ascension
- Fri 7<sup>th</sup> June – Feast of the Sacred Heart

## Class Updates:

### **ELC (Nursery)**

A busy week where we welcomed some new friends to the setting. We have been working on our routines and getting back into the swing of things. We had a trip to the park on Monday and Tuesday afternoons and look forward to going out in the community more often in the future. There has been lots of interest in the use of cardboard boxes with masks, houses, robots and hats being made. We have been discussing our feelings and labelling them using the story “The Colour Monster”. If you have any cardboard, which you could donate to the nursery, such as cereal boxes then we would appreciate that.

We have enjoyed our shared play with P1 and look forward to this continuing as the term goes on.

Please can I remind you to return your All About Me forms, thank you to those who have done this.

### **P1**

We have had an amazing first full week in Primary 1 and the children are settling in so well! It has been another week of getting used to our new classroom and building relationships. I have really enjoyed spending more time with each of the children this week and look forward to continuing to get to know them in the coming weeks. We have been enjoying some shared play with nursery and are hoping to continue this moving forward. The children have also enjoyed their first PE lessons and I have been so impressed with the independence they are showing when getting changed in and out of their PE kits. We have had some items of clothing mysteriously disappear during PE which can happen when everyone is changing together! It would be great if PE bags could be checked for any clothing items that perhaps do not belong to your child so that they can be returned to their owner!

Next week we will be learning about our emotions and strategies to help us in managing them. We will also be focusing on families and creating some artwork to put up in our house corner.

Have a lovely weekend!

## **P2**

We have had a busy week in P2 and are getting used to our new timetable. We really enjoyed having PE together on Tuesday and Thursday and are learning how to follow the rules of a game and how to play fairly. This week our favourite game was spiders and flies.

We have finished our assessments so are ready to focus our learning next week. After reading "Baby Brains" we decided to use a space theme for our class charter – we particularly loved the moment when the main character is in space and calls out for his mummy! Together we have created a colourful rocket and made 17 astronauts to help us remember our rights. The rights we are focussed on are the right to be safe, the right to learn and the right to be listened to. Thinking about these will help us to play our part, show respect and be ready to learn in school

Next week we will continue with our story of "The Paper Dolls" by Julia Donaldson; we will follow instructions to make our own paper dolls and take them on a journey. We were very excited to visit Cuiken Primary School and join in with Scottish Book Trust event where we met the author/ illustrators Sarah McIntyre and Philip Reeve. They introduced us to their book "Otter Chaos!" which is the latest story in the Adventure Mice series. They encouraged us to think up characters for a story and to follow a structure to build story. We all drew our own main character – Pedro the mouse - and we will continue to read his adventure in class.

Have a lovely weekend and well done to all P2s for a great first whole week back in school.

## **P3/4**

We have successfully completed our first full week of Primary 3/4 and everyone has worked so well! In literacy, we have been learning a new Talk for Writing story. This is based around our topic of Grimms Fairy Tales, and is looking at the story of Rumpelstiltskin. We have been learning the words and actions, taking time to focus on the **limerick** in the story in particular. Next week, we will go on to creating our own limericks, using this to support us. If you have time to explore limericks with you child at home then this would support them in their learning.

In numeracy and maths, we have been working on the topic of time. We have revised some things that we covered last year, such as o'clock and half past. Some of us were even confident with quarter past and quarter to! We will continue to work on time next week, practising these times in depth and also looking at the equivalent on a digital clock.

In PE, we have been learning how to play Benchball. So far, we have learned how to pivot and how to complete two different passes that we can use in Benchball: chest past and bounce past. Next week, we will continue to practise these skills and then look at one final type of pass before trying out the game of Benchball in teams.

We have also had a health and wellbeing focus this week on our Recognition Board. We have been looking for times when our peers are using kind words in the classroom and in the playground. This is something we are going to continue to work on so that kind words play a big part in our classroom every day.

## **P4/5**

We have had a very busy first full week back in P4/5. We have spent time getting used to the new routine and getting to know each other a little better. We have also been busy with assessments to find where we are in our learning and to identify our next steps. We have started our novel study this week. We are reading Perry Angel's Suitcase by Glenda Millard and answered some comprehension questions on Google Classroom to show our understanding of what we have read so far. We will be using the novel as a context for learning across other areas of the curriculum, as well as literacy. Next week in literacy, we will be learning about the features of a diary and writing a diary from the viewpoint of the main character of the book.

In numeracy, other than finishing off assessments, we have been working on place value to refresh our memories from last term. Next week we will finish off place value and move onto learning strategies for solving questions involving the four operations. All the children now have login details for Times Tables Rock Stars which can be brought home to practice if they have access to a suitable device at home. We have also started to work on Basic Maths facts which will help with our quick, accurate recall of maths facts.

Elsewhere in the curriculum we have been looking at children's rights and how they relate to school. We have used this to help us build our class charter which we will follow throughout the school year. In PE we have started an athletics block where we will be practicing running, jumping and throwing. We will be starting our topic learning next week, where we will be finding out about different plants and animals which can be found in the school playground. Have a lovely restful weekend all.

## **P5/6**

Hello again, families! We have had a busy week this week in P5/6, and we are still getting used to being back in school together again.

Our first full week has been jam packed with learning - starting as we mean to go on! In literacy, we have been writing a letter to our future, end of year selves. We revised proper layout of a letter, co-creating our success criteria together. We made sure to include lots of information about our current selves and our hopes for the future. It will be a very interesting read once we revisit these at the end of the year! We have also been undertaking assessment in literacy - spelling, grammar, and reading for our P5s. We showed brilliant resilience whilst doing these, and it has really shown us what our many strengths are. Next week, we will dive into report writing, as we use these skills to show our findings in our topic.

In numeracy and maths, we have been doing lots of assessment too! We worked hard to remember to show our working out, and spoke about the importance of being able to explain how we got to our answer. We also have gotten started again in our Basic Maths Facts routine. I was very impressed to see lots of us challenging ourselves to try the next colour group, and we worked together to set ourselves a goal for our basic maths facts. We discussed different strategies we can use in order to get quicker. We spoke together about the importance of place value in order to set the tone for next week, as we begin working on our awareness and knowledge of place value.

In topic, we dove deeper into the Global Goals, focusing this week on Theme 1: Poverty, including goals 1 and 11. We analysed data from Australia that showed the high levels of poverty in the country. We discussed the effects that living in poverty might have on someone, creating a cause and effect grid to show this. We also discussed other types of inequality in the world, and how we can help to stop this. Next week, we will jump straight into the second theme of health and wellbeing, and even do an experiment!



Another reminder that our PE days are Tuesday and Thursday. Have a lovely and restful weekend, and I am looking forward to seeing some of you at Meet the Teacher next week!

## **P7**

Primary 7 have had a super first full week back to school. They have enjoyed getting stuck in to their topic work based around 'The Scottish Parliament'. This has involved becoming familiar with why we have a parliament and the roles within it. The children have begun thinking about how people become MSPs and have linked this to their house captain election process (which they are very excited about)!

In Literacy, P7 have been looking at examples of candidate election posters and were able to identify their key features in order to create their own posters. Next week, we will be learning about what makes a successful persuasive letter as we look at examples of these and begin planning our own.

As part of Numeracy and Maths this week, P7 have been busy completing assessments and identifying their next steps. We have been working on our Maths Basic Facts and will be continuing with these into next week. This involves the children quickly and accurately recalling numeracy facts through the use of games. Our focus for the coming weeks will be around place value and data and analysis.

In HWB we have been reminding ourselves of children's rights and creating our class charter based around this. We have also been linking our rights to SHANARRI. Primary 7 have been thinking about their personal network and how different people in their lives support them in different ways. Next week we will be focusing on maintaining friendships and how to manage changing friendships.

As of next week, Primary 7 will be starting a 4 week block of cricket on Tuesday afternoons which is a great opportunity to experience a new sport under the tutelage of a cricket coach.

Hope everyone has a fabulous weekend.

X-----X

Have a great weekend!

Lilly Learmonth  
Acting Deputy Headteacher