



Sacred Heart Primary School

“Aspire Nurture Learn Achieve”



Acting Headteacher: Mrs Síobhra Cran
<http://sacredheart.mgfl.net>
@sacredheart_ps

22a Crockett Gardens, Penicuik, EH26 9BB
0131 271 4665
sacredheart_ps@midlothian.gov.uk

1st September 2023

Dear Parent/Carer,

Can it really be the 1st of September!!! My goodness the weeks are already flying by.

This year we also welcome a new Chairperson to our Sacred Heart Parent Partnership. Jemima Vetha has stepped up to take the reins and continue the good work of those who went before her. The Parent Partnership is an invaluable resource to Sacred Heart as it organises social events and supports with fund raising to allow us to enhance the experiences of all the children. We would love as many parents as possible to join the team – in whatever capacity your time will allow.



I would like to say a wee hello and introduce myself. Some of you may know me already, I am Elinorah (Ellie) Kankipati's mum. Ellie is in Primary 3 in the P3/4 class.

It was nice to see some of you in the Coffee and Chat morning. I have recently taken on the role as the Chair to Sacred Heart's Parent Partnership Programme following Lesley Swan's Chairship until the end of the last academic year.

In my role, I will be working closely with the School's Head Teacher Mrs Siobhra Cran and her team and with Midlothian Council alongside all the school parents/families to achieve Sacred Heart's aims, priorities and improvement plans including social objectives. I am also supported by Margaret (Mags) Anderson, who plays a role as the Secretary and Kristiana Robertson, in the role of Treasurer - we work as a team!

This is an exciting and important opportunity for me to work with you all to get your ideas, views and say on the various aspects of the school's and your children's development. I am looking forward to getting to know you all and represent on your behalf to the school and the council.

Feel free to find me and speak to me at the school ground!

Jemima

Sacred Heart Star Award

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

- ★ Isla (P1) – responsible citizen
- ★ Ali (P2) – confident individual
- ★ Gabriel (P3/4) – responsible citizen
- ★ Mo (P4/5) – successful Learner
- ★ Maja (P5/6) – effective contributor
- ★ Benjamin (P7) – confident individual

Our RERC learning this week:

Primary 7 have been exploring the wonder of Creation and how there are many different accounts of this found in Sacred Scripture and more Scientific theories. The children were keen to offer up their own ideas, based on what they have read and bringing in their own knowledge. This was all put together in a power point or slideshow, which will form the basis of our discussions next week.

Primary 5/6 have been learning about “free will” and choices. We watched a clip called the “Frog and the Scorpion” and used this to discuss the following questions:

- † If something is in our nature, can we control it?
- † How much control do humans have over our character?
- † If we can control our character, then are we always responsible for what we do?

They talked about how God wants us to use our ‘free will’ to make good choices and how we could do this.

Primary 4/5 have been learning that through the Sacraments of Initiation, we are called to share in Jesus’ role as Priest, Prophet and King. We found examples of Jesus in each of His roles and recognised that we are called to follow His example in practical ways in all aspects of our daily lives. The children were able to offer lots of examples of ways in which we can fulfil the role of Priest, Prophet and King.

Primary 3/4 were learning that that one of the gifts God gives us is the gift of choice, called “free will” and that this is a sign of his love. We discussed how we can use our free will to make our own choices and then, in groups, sorted a number of scenarios into good and bad choices. The children were very keen to point out the good choices they would make!

Primary 2 were learning that that God invites us to love Him and that one of the ways we can do this is by speaking and listening to Him in prayer each day. We revised our daily morning prayer and discussed the meaning of the words:

Father in Heaven you love me.

You’re with me night and day.

I want to love you always,

in all I do and say.

I’ll try to please you Father.

Bless me through this day.

Amen



Primary 1 have been learning about the call of David, a simple shepherd boy, who was made King. We talked about how God saw goodness in young David, and calls everyone, big and small, young and old, to follow him

Meet The Teacher

Thank you to all of the parents who joined us for our Meet the Teacher sessions. You will have a further opportunity, later in the term, to meet on a one to one basis to discuss your child's progress and next steps but I hope that you found the sessions informative. If you have any further queries please contact the class teacher, via the school office, to arrange a phone call or meeting.

For those parents who were not able to attend this time, a copy of each classes PowerPoint is attached.

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.

Paperwork Reminder

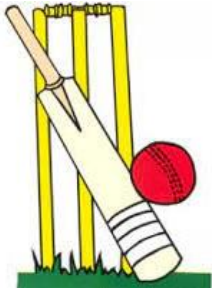
We are still awaiting paperwork after the set deadlines. If any of the following is outstanding for your child we would ask that you attend to it this weekend and hand in the missing items at the beginning of the week.

- **Annual Data and Permission Forms** – these are vital to ensure that we have up-to-date health and contact details so we can keep your child safe.
- **Flu Vaccination Forms** – we require these whether you are opting in or out.
- **Milk Payments on ParentPay** – you may have requested milk but unless you have registered for Free School Meal (see link later in the newsletter), this will need to be paid for prior to your child receiving it.
- **Pantomime Forms and Payment** – we require the PC form and payment as soon as possible. If you are finding it challenging to make this payment, please speak to Hazel in the office to discuss options.

Slow Down, You're Going Too Fast!

Again, we would remind parents that the roads around the school including the Sports Centre Carpark, Crockett Gardens, Bellman's Road and Greenhill Park are main access routes for children and families walking to school. It has come to our attention that cars are driving too fast, especially after dropping off, and this is putting lives at risk. Please do not rush - even if you are running late. We would rather that everyone gets to school safely.





Cricket for P4/5

We are delighted to inform you that, due to the success of our first cricket session with P7 on Tuesday, the cricket coach has decided to extend his time at Sacred Heart and offer cricket training to another year group. Therefore, P4/5 will be having cricket sessions – starting **Tuesday 5th September for 4weeks**. These lessons will be outdoors so please ensure that your child has appropriate PE attire such as joggers and a sweatshirt. As these sessions will go on to the end of the day, **the children will leave school in their PE kits**.

Your Parent Partnership Needs You!

This year we are looking for parents to volunteer to become class representatives. This would involve feeding back comments and ideas to the leadership team of the Parent Partnership and rallying supporters for some of the fun events which are planned for this year already. You would not, as class rep, be expected to attend, or help, at every event but you would be a point of contact to ensure that our parent voices are heard and new ideas are brought on-board. This is also a great opportunity to get to know the wider school community and make some new friends.



If this is something you feel you would like to do, please either let the school or Jemima know. It is community minded people like you that can make this school even more amazing.

Active Midlothian

Please find attached the flyer outlining the sporting opportunities on offer from Active Midlothian this term. All information regarding how to sign up are contained within.

Development Opportunity

Have you ever thought about sports coaching but wondered whether you have the skills to do it? Active Schools has organised a free training course which is open to all. To join the course, you should contact the organisers by **7th September 2023**. All details about this exciting opportunity are listed below:

Course Name:

INTRODUCTION TO COACHING CHILDREN

Course Description:

Developed as part of **sportscotland's** physical literacy coach CPD pathway this course has been designed to support new sports coaches, volunteers, students, young leaders, parents and teachers who are working with children aged between 5-12. This course will help with PE and extra-curricular sport session ideas and is **Free of Charge**

When:

Friday 15th September 13.30 – 16.30

Where:

Dalkeith Schools Campus

To enquire about this course and/or book your place please contact:

activeschools@midlothian.gov.uk



*To cover the cost of this course we would expect a volunteer to lead **3 hours** of sports sessions for Active Schools in Midlothian at lunchtimes or straight after school.

Family Information Workshops

Midlothian Council and NHS Lothian Speech and Language are holding a family information workshop on Social Stories and Emotional Regulation on Tuesday 5th September from 11am-12noon. Please see attached flyer for further information. Further workshops will run across the year.

Friday Lunch Opt-Out

We are so pleased to say that last Friday there was a significant reduction in food waste from our packed lunches.

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%20meals/117/free%20school%20meals%20and%20clothing%20grants)

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.

PE Days

P1 – Monday and Wednesday

P2 – Tuesday and Thursday

P3/4 – Monday and Wednesday

P4/5 – Tuesday and Thursday

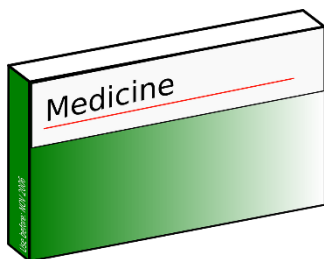
P5/6 – Tuesday and Thursday

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 & Chat

Coffee and Chat

Thank you to those parents who attended our Coffee and Chat on Friday morning –it was so nice to see so many people. Thankyou also to Jemima from the Sacred Heart Parent Partnership for coming along to speak about the fundraising efforts and events which the SHPP will be organising this year.

Our next Coffee and Chat will be a virtual one to allow those parents who find it challenging to attend in person. Please put **Friday 29th September** in your diary.

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

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

- Fri 15th & Mon 18th September - September holiday weekend
- Tues 26th September - School photographer - pupils individual and sibling photographs (for those attending SHPS and ELC only)
- Wed 27th September – P2 Visit to Rosslyn Chapel – parent helpers required
- Wed 27th to Fri 29th September – P7 Bikeability course
- Thurs 5th October - P3/4, P4/5 and P5/6 visit to National Museum of Rural Life
- Thurs 5th October - 12 x P7 pupils to Active Schools Cross Country Championships
- Mon 16th - Fri 20th October - October holiday
- Mon 23rd October - In-service Day (school closed to pupils)
- Thurs 16th November - Parent Consultations
- Fri 22nd December - Christmas holidays - school closes 12.25pm
- Tues 9th January – New term starts for pupils

Term Time Days of Obligation – whole school mass

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

Class Updates:

ELC (Nursery)

The ELC welcomed some more new friends this week and we have been developing our friendships as well as establishing and practicing our routines. Pam and Jan from Childsmile came in to show us all how to look after our teeth. We will be starting our tooth brushing routine next week which will support the tooth brushing twice-a-day which is happening at home.

Colour and rainbows have dominated our play this week with Rainbow Fish and The Colour Monster providing us with inspiration. We have started to put together our individual learning journals - more information to follow. We continued to engage in shared play with our P1 friends and look to develop this opportunity further. Next week sees our return to the library and our continued exploration of colours through a variety of media.

P1

It has been a busy week full of learning in Primary 1! We have been becoming more used to our daily routines and many members of staff from across the school have been complimenting us on how good we are at lining up and walking quietly through the school. We have been practising showing good manners to the people who help us throughout the school and I have been very proud of the children for how well they have been doing this. This week we discussed our rights and watched a video explaining these to us. From this video we decided that it was important for us to get an education, to play and to be listened to by adults. We used these rights to create our class charter with a sunshine and rainbows theme and it has definitely brightened up our classroom! We have also been learning about our emotions using the Zones of Regulation and completed a sorting activity to help us to learn about what the colours of each of the zones means. Last week we displayed an interest in families and houses so on Thursday of this week we read a story all about family and created a lovely display for our house corner all about the people that live with us in our houses.

Next week we will be beginning phonics and will be learning three sounds during the week. We will be practising these every day to help us remember them. We will also begin practising number formation and recognition.

Have a lovely weekend!

P2

Another week is nearly over! We have been talking this week about our feelings and have been using our Zones of Regulation check-in during each day. This encourages us to take some time to reflect on our own feelings and to be aware of how our friends are each day as well. We read the book "Some Dogs Do" by Jez Alborough and this made us realise how frustrated and sad Sid was when his friends didn't understand how he was feeling. It also reminded us that our feelings affect what we are able to do.

In literacy we have started our Read, Write, Inc. groups and have been reading and writing every day. We learnt some of the key text in our Paper Dolls story and made a song together. Then we were very excited to make our own paper dolls and are looking forward to taking them on adventures.

In numeracy we have been looking at sequences of numbers and checking we know what numbers come before and after. We have also been learning new games to consolidate our numeracy skills.

In French we have started learning the days of the week and have learnt a new song to help us remember them. I hope you found the Meet the Teacher session useful; the slides will be shared with you, but if you have any questions at all, please don't hesitate to ask. Enjoy your weekend and see you next week.

P3/4

We have had a very busy week this week in Primary 3/4! We have been working in groups to learn about different spelling rules. We have enjoyed the different active spelling activities around this and feel like they will help us with our spelling. We have also been working with Mrs Shaw on common words and rhyme. In our writing work, we have been writing another limerick. Our work on rhyme has really helped with this and we are looking forward to sharing these limericks with you. Next week we will continue our work on rhyme and write a final limerick based on what we have learned so far. We will also begin to work on diary writing.

In numeracy, we have continued to work on place value. We have explored the hundred square and how we can use this to see the different ways that tens and ones can change in a number. Some of us exploring how numbers over 100 change we add tens and ones. Next week we will explore this relationship in more detail next week, and also begin to practice some addition and subtraction strategies.

In our health and wellbeing lessons, we have been creating our class charter. This has been based on the UN rights of the child that we voted on as being important for our classroom. We worked together to create a display that will remind us of these so that we can make sure our classroom is a safe and happy place for everyone.

Finally, in PE we have been working on our benchball skills. This has involved working on our passing techniques, and also learning about how we can defend in benchball. We talked about the importance of passing to a partner so that they can catch the ball, and thinking of how we can pass around a defender. When taking on the role of the defender, we discussed where a good place to

stand is to catch the ball, and how we can use our whole body to jump to help with this. Next week, we will try our very first benchball game in teams.

P4/5

It has been a busy week in P4/5 and the children have worked hard. In literacy we have continued reading Perry Angel's Suitcase and we have used this as a context for writing a diary entry from the viewpoint of one of the main characters of the novel. This has led to some interesting discussions about the events in the first two chapters of the novel so far. Next week, we will finish off writing our diary before looking at the success criteria to help us up-level our work. We will also begin to look at information texts to help us understand their main features.

In numeracy, we have been doing some work on place value as well as addition. We have been using the bar model to help us visualise what the sum looks like and we have been using concrete materials to split numbers into 100's, 10's and 1's. We also started working on measure, using informal methods of measure for items in our playground. Next week we will be looking at strategies for addition and subtraction, as well as continuing to work on measure where we will be using centimetres and metres.

Elsewhere this week, we have continued with athletics in PE. We were practicing our jumping skills and doing exercises to strengthen the muscles we need to jump. We also started learning about the shot put, using bean bags to help get our technique right. Next week there will be a slight change to PE because we will be taking part in cricket sessions on a Tuesday afternoon. For topic, we were taking pictures of plants and animals that we found in the playground and we are going to use them to do some research next week to find the names of the different plants and animals. For health and wellbeing, we completed our class charter and will now make a display of it to go in the classroom.

Have a lovely weekend everyone.

P5/6

Another busy week in P5/6! It was lovely meeting some of our families at Meet the Teacher on Thursday afternoon - just a reminder that the presentation will be emailed out to everyone.

In literacy this week, we have been learning about writing a factual report. We analysed a good report, and discussed what aspects of it made it successful. We then used this to create a success criteria for our own writing. We completed research collaboratively, and used a Jamboard to record our findings. We then took time to plan out our report, using a specific factual report structure. We worked hard to focus on our independent work during this time. On Friday, we split into 3 groups and assessed our work. One group self-assessed, one group peer assessed and one group assessed alongside myself. Everyone gave and received brilliant feedback that they can build on for our next piece of writing.

In numeracy, we have continued working on our place value knowledge. We used an analogy of a road to visualise how place value work, and created a diagram for this in the front of our jotters so that we can refer back to it throughout the year. We were able to relate our place value knowledge to games, and learned some new ones that we can play! We also used different manipulatives to represent bigger numbers. Next week, we will begin work on addition and subtraction.

Our focus in topic this week has been on Global Goal 6: Clean Water and Sanitation. We took on the role of water scientists on Monday, and used colour grading strips to analyse the quality of water samples. We recorded our observations on our investigation sheets and were challenged to try and filter the water using the materials we had to hand. This made us reflect on how hard it would be to not have access to running, clean water. We also looked at solutions for this problems,

such as leaving plastic water bottles outside on a black plastic sheet to kill of the harmful bacteria. Next week, we will investigate Goal 5: Gender Equality.

We have lots of exciting learning for next week - have a lovely weekend and we will see you on Monday!

P7

Primary 7 have been working on their persuasive writing skills this week as they have been identifying and using the key features. They have also been busy planning their persuasive letter for becoming house captain. Next week, the children will be writing their letter and applying what they have learned.

In Numeracy, the children have been working on their place value skills as they ordered decimal numbers and placed them on a number line. They were also using the greater than $>$ and less than $<$ signs to compare numbers. Primary 7 enjoyed gathering information and using this to create bar charts on their Chromebooks using Canva. Next week, they will be continuing with place value learning as they begin to round whole and decimal numbers.

Next week, we have a lot going on as part of our topic. On Monday we have our local MSP, Christine Grahame and councillor Debbi McCall coming to visit to talk to the children about the election process. We are also holding our house captain elections on Thursday in school so the children will be preparing for this by recording speeches and creating rosettes.

P7 enjoyed having Gary in on Tuesday to do some cricket with them. This will continue on Tuesday and they will be learning about tennis on Thursday next week.

X-----X

I hope you all have a fabulous weekend.

Lilly Learmonth
Acting Deputy Headteacher