



# Sacred Heart News

Friday 13th February 2026

## Headteacher's Welcome

Dear Parents and Carers,

What an enjoyable two weeks we have had in school. Despite the rain we have kept very busy. We have had many sporting fixtures including, 2 x Girls League Games, 1x Boys League Games, a Year 3 Girls Football tournament, a Year 5 Boys Football tournament, the RISE Swimming Gala event and the Richmond Swimming Gala this week. Alongside this, we have had Mental Health week and Safer Internet Day and Year 4 have enjoyed a 'Roman Day' offsite.

### Safer Internet Day 2026

This year's theme is 'Smart tech, safe choices – Exploring the safe and responsible use of AI' The children have started to learn that:

- AI technologies are tools created by people, not humans themselves.
- Not everything generated by technology is true, accurate or appropriate.
- Personal information should always be kept private.
- It is important to stop, think and ask for help if something online feels confusing or worrying.

When we return from our break, lessons will continue where we will reinforce clear, simple messages about making safe choices, checking information, and involving trusted adults.

### PTA Thank you

The PTA have been very hard at work these past two weeks. The grown-ups enjoyed a Comedy night last Friday evening, and then there was Family Bingo on Monday. Today, parents enjoyed a coffee morning as part of Mental Health week, and the children had a wonderful cake sale at the end of the day. The Pupil Council wanted to support the fund raising efforts and they helped to organise a 'No Backpack Day' this week. There were wonderful alternatives to the regular school bags on display. Thank you to the PTA representatives who organised these events, to everyone

who attended and your kind contributions. All funds go towards the children having excellent experiences and resources.

### **Breakfast and After School Club**

It is great that the club is used so well. Please could we ask that bills are brought up to date and services paid for in the month they are used. There a good number of bills outstanding.

### **Mental Health Week in School**

We began our week with an assembly where our Wellbeing Ambassadors introduced the theme for this year 'This is My Place'.

The children were encouraged to complete three actions across the week:

- ask someone to play with you
- say something kind to someone
- smile at someone different every day

as well as take part in different activities in their year groups.

Early Years read the Colour Monster story and linked this back to the Zones of Regulation and discussed how it made them feel when they have a sense of belonging.

Year 1 wrote an acrostic poem together and performed it.

Year 2 linked themselves to the geography of the world with the centre being themselves and the different rings of family, school, community, country, continent and world.

Year 3 looked at the difference between physical health and mental health using a Venn diagram

Year 4 identified lots of emotions and then looked about the importance of sharing their emotions and not letting the negative emotions bottle up.

Year 5 created their own Emotional First Aid Kit with the tools that help them when they are feeling low or dysregulated.

Year 6 created posters celebrating the 'Five Ways to Wellbeing' - Be Active, Keep Learning, Give, Take Notice and Connect.

We concluded our week with a coffee morning for parents and the Wellbeing Ambassadors explained what each class had done in the week. They stayed for the parent talk delivered by Eleni from the MHST and made excellent contributions to the group discussion. It was wonderful having the insight of the children.

The children concluded their week with their buddies from the different classes across the school on Friday afternoon

There was a true sense of 'Belonging' to our special community here at Sacred Heart. It is 'Our Place'

Thank you to Mrs. Stenning for leading the week with our Wellbeing Ambassadors

From all the staff at school, thank you for your support this half-term. We wish everyone a relaxing half-term break.

Mrs Green

**Mrs Brenda Green**  
**Headteacher**

## **Highlights of the Week**



Year 4 visited Gunnersbury Park Museum as part of their history topic on the Romans.



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Non-Backpack Day



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## Key Dates

### Spring Term 2026

**Monday 16th February - Friday 20th February - Half term**

**Friday 27th February - Year 4 Girls Football Festival**

**Wednesday 4th March - Year 5 Girls Football Festival**

**Monday 9th March - Year 5/6 Girls Football Tournament**

**Tuesday 10th March - Parents Evening**

**Thursday 12th March - Parents Evening**

## Stars of the Week

**Reception Etain** for her contributions during our Maths lessons on comparison, and her wonderful manners to friends and staff members.

**Casey** for his enthusiastic participation during lessons and for being consistently helpful around the classroom!

**Year 1 Mary** for her fantastic focus during our English lessons and for remembering her lead-ins for her letters. Keep up the amazing work Mary!

**Libby** for showing fantastic resilience after not feeling well, and showing such determination to catch up on the learning she had missed! Well done Libby!

**Year 2 Maya G** for her positive attitude and enthusiasm towards her learning and consistently completing her home learning with effort and care.

**Rawasi** for always trying her best and setting a fantastic example with her behaviour and effort. Well done!

**Year 3 Luci** for demonstrating brilliant resilience during our football tournament and for amazing effort across the curriculum.

**Marnie** for settling in well to Sacred Heart and trying her best when practising her times tables.

**Year 4 Isabella** for her excellent work in English. Isabella used powerful adjectives and similes to describe the scrap-yard from the Iron Man and also painted the scene in great detail.

**Abigail** for her focus and engagement in her learning and in all aspects of school life. Abigail participated fully in our Roman workshop on Wednesday.

**Year 5 Bela** for excellent focus in her fractions and poetry this week. Well done!

**Saha** for putting his hand up in class to answer questions in every lesson, especially in Maths. Well done!

**Year 6 Niamh** for her determination to do her best by adding detail, editing or explaining her thinking, especially in Maths and Science.

**Matthew** for exceptional focus and precision in Maths, showing excellent understanding and being confident to share his methods with the group.

### **The Raymond Kerr Writer of the Month Award**

**Year 1 Victoria** for her fantastic sentences using verbs to describe actions using past and present tenses. Well done!

**Year 2 Maya B** for writing an exciting and well-structured newspaper report and for her beautiful handwriting.

**Year 3 Jacob** for his fantastic descriptive piece on Marcy's dreams and feelings from her bedroom in our class book.

**Year 4 Leon** for writing an engaging diary entry in the role of Hogarth detailing his reaction to his first sighting of the Iron Man.

**Year 5 James** for fantastic use of poetic devices across his poetry topic in which he wrote three brilliant poems on an oak tree, the planet Mars and the Aurora Borealis.

**Year 6 Sacha** for use of ambitious vocabulary, figurative language and accurate punctuation of dialogue in a narrative piece based on Macbeth.

## Other News

### Boys Football vs Collis

On Wednesday, we played a football match vs Collis. We were very excited about the match as we've trained hard. In the first half, Collis scored 4 goals, but in the second half we were determined to try our best and to make sure our opponents knew what we were made of. Although they scored a few more goals, we had more shots on their goal. In the end we lost the game but it was one of our very best matches.



### RISE Swimming Gala

Last week I went to the RISE Swimming Gala in Richmond. There were many events and I took part in; front crawl and breast stroke. The best part was that I won first place in breast stroke and second in front crawl. I had a great day and am proud of my achievements (some competitors were even Year 7!).

### Year 3 Girls Football

Last week we played in a football tournament against 12 schools overall. The team played really well and showed good teamwork. Being the goalkeeper was really fun because I got to dive all over the place. We made it to the semi final where we won 6-0 and made it through the final of the chalice and successfully beat Thomson House 3-0 to win the gold medal! We had a lot of fun. Thank you Ms. Flowers and Mr Wardell. We are looking to the next one!



### Girls Football vs Collis

Last week we played Collis in the Girls Football League match. Despite the result we played so well as a team and really put our all into it. Our team showed good sportsmanship and we kept going even when the game was tough. Overall the league this year has been challenging but we as Year 6's feel we finished on a good note as a team and know the Year 5's will be great next year in the leagues and tournaments again.



## Swimming Gala

On Tuesday, Years 4,5 and 6 represented the school at the Richmond Schools Swimming Gala at Pools on the Park. We all swam really well and tried our hardest in every race. The standard was really high and Miss O'Brien was really proud of the effort and resilience we showed.

## Girls Football vs SMSP

On Monday, the girls football team played a match against SMSP. We travelled to SMSP knowing we had trained for the game. In the first half, we worked really hard, our goalkeeper made some good saves and we scored 1 goal, so it was 1-0 at half time. In the second half we worked really hard but it wasn't long before they also scored. The game finished 1-1!



## Year 1's Acrostic Poem - Mental Health Week

BELONGING

Be safe, be happy,

Everyone is welcome here,

Like everybody in your class,

On your first day wear a smile,

Nobody is left out in our community,

Go and find and friend to play with,

In the class or the playground.

No one is left out here.

Greet everyone with a smile.

## Sacred Heart Prayer

### Prayer based on Matthew 5:17-37

Dear God,

Please help me not to stay angry.

Help me use kind words

and make peace with others.

Make my heart gentle and loving.

Amen.

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## Contact Us

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## Other items of interest for families

### [ACE Camp](#)

Don't forget ACE Camp runs at school in the school holiday. The little ones up to Year 3 are at our site. It is a wonderful camp.

**Sparks Film School at Sacred Heart School on Saturday morning** during term time and also the school holidays. Details at

[teddington - Sparks Film School \(sparksarts.co.uk\)](http://teddington-sparksfilm.com)

### **Maths Tutoring for KS2 Students!**

Boost your child's confidence and skills in maths with fun, personalised lessons!

- ✓ Clear explanations and engaging activities
- ✓ Perfect prep for SATs and secondary school
- ✳ Build confidence. Master maths. Achieve success! ✳
- 📞 Contact Mrs Chong @ 078 1399 5163 for more information

### **AFC Kingston Youth – Girls' Football Sessions**

AFC Kingston Youth has recently launched a **girls-only weekly football class**, designed for **7-10-year-old girls** who would like to develop their football skills in a fun, friendly, and supportive environment.

#### **Session details:**

- 🕒 **When?** Wednesdays, 6:00–7:00 PM
- 📍 **Where?** Kingsmeadow (8-a-side astro turf pitches with floodlights)
- 👤 **Coaches?** FA-qualified, experienced, and enthusiastic
- 💷 **Cost?** Approximately £8 per session (paid monthly)

Playing in an all-girls environment is a fantastic way for young players to **build confidence, develop skills, and make new friends**. With the warmer weather approaching, now is the perfect time to give it a try!

✦ **Location:** Weir Archer Athletics & Fitness Centre, 442a Kingston Road, Kingston, KT1 3PB  
If you would be happy to share this opportunity with parents or include it in your school newsletter, I would greatly appreciate it.  
For further details, reach out to Heather at **+44 7717 047453**.

### **Big sister programme- Sports initiative for girls aged 9-15**

Places Leisure are running the [Big Sister Project](#) at Tolworth Recreation Centre and Malden Centre, an initiative designed to get more girls active and introduce (or reintroduce) them to sport.

### **[The Big Sister programme helps girls aged 9- 15 in target areas, feel 'sport ready' by building a network of peer leaders \("Big Sisters"\) from sport, schools, and community organisations.](#)**

The Big Sisters act as role models, empowering and enabling girls to enjoy sport, exercise, and physical activity during puberty. Importantly, the project is shaped by girls, for girls, providing ambassadors who champion the benefits of sport and understand the challenges they face.

As part of the programme, Girls can access the Big Sister Flexible Membership at £9 per month (50% off the standard Junior membership), which includes:

- Unlimited gym use during Junior Gym hours (with induction for 11–15 year olds)
- Unlimited swimming
- Age-appropriate group workout classes, including exclusive We Move sessions
- Free racket sports at off-peak times (Malden Centre only)
- Support from a friendly on-site team
- Free access to the Places Leisure App and Virtual Studio, including a dedicated Big Sister channel

**[Watch the Big Sister video here.](#)**

**[For more information and to sign up, visit the places leisure website.](#)**

Dramacube - The Wizard of Oz

Sign up for Dramacube's Spring Term production of The Wizard of Oz and see your child shine on stage at Hampton Hill Theatre.

Whether they are new to musical theatre or have taken part in drama, dance or performing arts before - everyone is welcome and will be part of the final production.

Spring Term starts w/c 5th January in the following locations:

- 🌀 5–7 Year Olds – Teddington
- 🌀 8–12 Year Olds – Hampton Hill, Teddington or Walton-on-Thames
- 🌀 13–18 Year Olds – Hampton Hill or Twickenham

Book a 2-week taster or enrol in a cast at [www.dramacube.co.uk](http://www.dramacube.co.uk)

**available on a number of parenting groups starting next term in Kingston**

There are places available on free parenting groups which will be starting next term in the Kingston borough.

[The Parenting Puzzle/Nurturing Program](#) for parents and carers of primary school aged children

### [Workshops for parents of children aged up to 10 years](#)

[Teen Life](#) for parents and carers of children aged 10-16 years with a diagnosis of ASD

Please see attached posters for more information about each group [please contact Karen Williams](#).

### **Half term and Easter touch typing courses for 7 – 16s**

Half term: Monday 16 - Thursday 19 February 2026

Easter: Monday 30 March to Thursday 2 April and Tuesday 7 - Thursday 10 April 2026

Course session times: 10:00 – 12:15 pm daily

(Full day care/ sports camp available)

Venue: St Joseph's Primary School, Kingston KT1 2UP

Beginners, improvers and advanced typists are warmly welcome. We mix formal technique with the latest app games to make learning effective and fun. Typing proficiency makes a huge impact on academic attainment at all ages.

Cost per place: £176.00. 10% discount for siblings/ bring-a-friend/ returners/ DofE

OFSTED registered – childcare vouchers and tax-free childcare accepted. Duke of Edinburgh Award skills assessor

Apply at [www.typingscool.co.uk](http://www.typingscool.co.uk)

### **Study on the brain signals of attention and self-regulatory skills in children**

Recruiting children, ages 7 to 14 for a research study looking at brain signals related to attention and self-regulatory skills during development.

Participation involves:

- behavioural assessments
- brain activity assessment (EEG) at Kingston University (free parking available)

[Find out more about the study on the brain signals of attention and self-regulatory skills in children study here](#).

### **Drug and alcohol - Parent webinars**

Research from NHS Digital shows that parents are the source that young people would turn to the most if they wanted reliable information and guidance on drugs and alcohol - more so than their friends or their phones! - yet the landscape is ever changing.

[View drugs and alcohol webinars available to parents and carers here](#).

### **Places available on 2 Parenting groups starting later this term in Kingston**

There are places available on free parenting groups which will be starting next term in the Kingston borough.

[Triple P Teen](#) for parents and carers of adolescents with mild to moderate challenging behaviour, 2 week course held on Saturdays.

[Left to their own devices workshop](#) for parents and carers of children of all ages. The workshop will help parents and carers navigate the challenges of raising children in a digital world. One off workshops for 2 hours.

Please see attached posters for more information about each group. [Please contact Karen Williams](#) if you have any questions.

Please note this is for Kingston schools only.

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# Setting parental safeguards on your child's devices

If you're viewing this on a screen, tap (or click) the appropriate icon below.

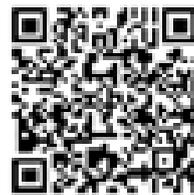
If you're looking at this on paper, point your phone's camera at the appropriate QR code and tap the link that appears.

Follow the instructions on the website exactly, in particular setting the age of the child.

We recommend you set the device not to allow any apps or games to be installed without your permission. Protect your settings with a strong password that is not known to the child.



kindle fire  
kindle fire



Sacred Heart Catholic Primary School