



Sacred Heart experienced a busy first week back after Christmas with an OFSTED inspection conducted on the 6<sup>th</sup> and 7<sup>th</sup> of January. This inspection took place under the new national inspection framework. We would like to express our gratitude to all parents for your valuable participation, especially through direct conversations with the inspection team. We will share the official report with you once it has been formally released.

In the meantime, we have had a message from Bridget Phillipson (Secretary of state for Education) about the superb work that we do here at Sacred Heart which has been brilliant to receive.

### **Goodbye to Mrs Sharpe (for now)**

We are excited to share that Mrs Sharpe has started her maternity leave. As she embarks on this wonderful new chapter in her life, we want to extend our warmest wishes and all our love from the Sacred Heart family. We know that she will cherish this special time with her new arrivals.

During Mrs Sharpe's absence, the very capable Ms Kaur will be taking over the role of SENCo. Ms Kaur will be available for SENCo appointments on Mondays and Tuesdays. If you would like to meet with her, please ensure to schedule your appointments for these days. On Wednesdays, Thursdays, and Fridays, Ms Kaur will be teaching in the class.

If your child is currently involved with any external agencies, please rest assured that Ms Kaur will be in contact with them moving forward.

We are confident that Ms Kaur will provide excellent support and care for our students during this transition.

Thank you for your understanding and support as we wish Mrs Sharpe all the best in her maternity leave.



Ms Kaur  
SENCo



## The Feast of St Thomas Aquinas



In the build up to the Feast of St Thomas Aquinas, the children engaged in a week filled with learning, faith and a real sense of community. The children have been learning what it truly means to be Pilgrims of Hope, exploring and reflecting on the values of St Thomas Aquinas through reflection, discussion and creative activities.



On Wednesday, 28th January, children from Sacred Heart joined other schools from the Trust to celebrate the Trust Feast Day at English Martyrs. The day was filled with various activities led by our Lead Lay Chaplain, Tom, along with members of the St Vincent De Paul Society and other Trust Chaplaincy teams. A special Mass was celebrated by Fr Simon, where he focused on the theme of HOPE. This was a wonderful opportunity for everyone to pause, reflect, and remember the importance of our faith, our community, and the collaborative work we do across the Trust.

The atmosphere was one of togetherness, and our Sacred Heart representatives truly shone throughout the day! It was also a significant occasion as we officially closed the Jubilee Year, adding deeper meaning to our gathering. This moment allowed us to reflect on the experiences we have shared over the past year and to carry forward the spirit of hope into our future endeavours. We are grateful for the support of our Catholic community and look forward to continuing our journey together.





## Building Links with De Monfort University

### De Monfort University Science Session

Pupils in Years 5 and 6 took part in an exciting critical-thinking workshop titled “I Disagree” The session introduced students to the skills of respectful debate, active listening, and forming reasoned arguments. The children explored a thought-provoking question: Should trees be chopped down to make space for new houses? Working in groups, they discussed the environmental, social, and practical implications of both sides. Some pupils argued that new homes are essential for growing communities, while others highlighted the importance of protecting wildlife habitats and reducing climate impact. Throughout the workshop, students confidently shared their views, challenged ideas, and learned how to disagree constructively. The session encouraged them to think deeply, communicate clearly, and appreciate different perspectives.



### De Montfort University Art Exhibition January 2026

We were so lucky to welcome three artists from De Montfort University to our school who put on an Exhibition of their work for the children. The classes met three artists studying Fashion, Architecture and Comic Design at the University. We were able to chat about paths into Art and Design as a career, and what inspired the three visiting artists to choose these subjects over others. It was such a lovely event to be a part of!





## Trust Parent Survey

We're pleased to share that we've received the findings from the recent parents' survey conducted by the CMAT. It's encouraging to see so many positive comments about Sacred Heart CVA and the education we provide. We value your partnership in your child's learning journey and thank you for taking the time to share your thoughts and experiences.

## Breakfast Club

Breakfast club **OPENS** at 8am. Children must **LAST ENTRY** is at 8:30AM.

After 8:30am children will need to be taken by their parents/guardians to line up with their class for an 8:45am collection by their class teacher. Children must NOT be left unattended on the playground before 8:45am.

## Leicester MusicFest Choir Workshops

Choir members from Year 5 and Year 6 took part in two workshops in school for the annual MusicFest which will be held at English Martyrs secondary School. It was led by John Gull, who leads a choir at the school and teaches singing. The children were learning sections of 'Carmina Burana' by Carl Orff- a challenging piece for all singers, not just children! They sang so well that Mr Gull has asked to hear the whole choir sing before the next session. He wished that every primary school had such an accomplished, focused choir like Sacred Heart! As always Mrs Ong was so proud of their dedication, professionalism and love of singing.

If you would like to attend LeicesterMusicFest, please use the link below for information about the event.

[MusicFest 2026 Tickets | LeicesterMusicFest](#)





## The Zinthiya Trust

Zinthiya Trust is a registered Charity that provide support to women and families to be free from poverty and abuse. The services we offer include, 1-2-1 advice and guidance to women fleeing abuse including those with no recourse to public funding, Money, energy and debt advice to individuals who are impacted by these issues as well as practical help with emergency food and fuel top-ups. We also community shop that sell low cost food, hygiene products and sanitary products on 10 Bishop Street LE1 6AF.

Our FREE drop-in service will run on a **Wednesday 2pm to 4pm** from the Shamrock building at Sacred Heart school (please use the entrance on 10 St Saviours Rd, Leicester LE5 3GE) and open to women. If you are struggling with any of the issues then please drop in and speak to our advisers. Alternatively, you can also book an appointment with our office on 10 Bishop Street by calling us on 01162545168 or e-mailing [zinthiya.trust@gmail.com](mailto:zinthiya.trust@gmail.com).

We are registered with the Financial Conduct Authority and all advice we provide is free and impartial.

ଶିଖିଯା ଟସ୍ଟ

નિયમિત ટ્રોટ એ એક રજિસ્ટર્ડ ચેરિટી છે જે મહિલાઓ અને પરિવારોને ગરીબી અને દુર્ઘટ્યોગથી મુક્ત થાય માટે સહાય પૂરી પાડે છે. અમે જે સેવાઓ પ્રદાન કરીએ છીએ તેમાં દુર્વ્યવહારથી ભાગી રહેલી મહિલાઓ માટે 1-2-1 સલાહ અને માર્ગદર્શનનો સમાવેશ થાય છે, જેમાં જાહેર ભંડોળનો કોઈ આશરો ન હોય તેવા લોકો, નાણાં, energyજી અને આ મુદ્દાઓથી પ્રભાવિત વ્યક્તિઓને દેવાની સલાહ તેમજ કટોકટીના ખોરાક અને બળતણ ટોપ-અપ્સ સાથે વ્યવહારિક સહાયનો સમાવેશ થાય છે. અમે સમુદ્દરાયની દુકાન પણ કરીએ છીએ જે 10 બિશ્વાસ સ્ટોર્ટ LE1 6AF પર ઓછી કિમતે ખોરાક, સ્વચ્છતા ઉત્પાદનો અને સિનિટરી ઉત્પાદનો વર્ષે છે.

અમારી મફત ટોપ-ઇન સેવા સેકેડ હાર્ટ સ્ક્રુલ ખાતે શેમરોક બિલ્ડિંગથી બુધવારે બપોરે 2થી સાંજે 4વાગ્યા સુધી ચાવશે (કૃપા કરીને 10 સેન્ટ સેવિયર્સ રોડ, વિસેસ્ટર LE5 3GE) પર પ્રવેશદ્વારનો ઉપયોગ કરો અને મહિલાઓ માટે ખુલ્ખું છે. જો તમે કોઈ પણ મુદ્દાઓ સાથે સંઘર્ષ કરી રહ્યા છો, તો કૃપા કરીને ટોપ કરો અને અમારા સલાહકારો સાથે વાત કરો. વૈકલ્પિક રીતે, તમે અમને 01162545168 પર કોલ કરીને અથવા ઇ-મેલિંગ [zinthiya.trust@gmail.com](mailto:zinthiya.trust@gmail.com) પર કોલ કરીને 10 બિશાપ સ્ટ્રીટ પર અમારી office ફિસ સાથે એપોઇન્ટમેન્ટ બુક કરાવી શકો છો.

અમે ફાઇનાન્સિયલ કન્કટ ઓથોરિટી સાથે નોંધાયેલા છીએ અને અમે જે સલાહ આપીએ છીએ તે તમામ મફત અને નિષ્પક્ષ છે.

## जिंथिया ट्रस्ट

जिंगिया ट्रस्ट एक पंजीकृत चैरिटी है जो महिलाओं और परिवारों को गरीबी और दुर्व्यवहार से मुक्त होने के लिए सहायता प्रदान करती है। हमारे द्वारा प्रदान की जाने वाली सेवाओं में शामिल हैं, दुर्व्यवहार से भागने वाली महिलाओं के लिए 1-2-1 सलाह और मार्गदर्शन, जिनमें सार्वजनिक वित्त पोषण का कोई सहारा नहीं है, इन मुद्दों से प्रभावित व्यक्तियों को धन, ऊर्जा और ऋण सलाह के साथ-साथ आपातकालीन भोजन और ईंधन टॉप-अप के साथ व्यावहारिक मदद। हम सामुदायिक दुकान भी बेचते हैं जो 10 बिशप स्ट्रीट LE1 6AF पर कम लागत वाले भोजन, स्वच्छता उत्पाद और सैनिटरी उत्पाद बेचते हैं।

हमारी मुफ्त ड्रॉप-इन सेवा बुधवार को दोपहर 2 बजे से शाम 4 बजे तक स्क्रेड हार्ट स्कूल में शैमराँक बिल्डिंग से चलेगी (कृपया 10 सेंट सेवियर्स रोड, लीसेस्टर LE5 3GE पर प्रवेश द्वार का उपयोग करें) और महिलाओं के लिए खुली होगी। यदि आप किसी भी समस्या से जूझ रहे हैं तो कृपया आएं और हमारे सलाहकारों से बात करें। वैकल्पिक रूप से, आप 10 बिशप स्ट्रीट पर हमारे कार्यालय के साथ अपॉइंटमेंट भी बुक कर सकते हैं हमें 01162545168 या ई-मेलिंग [zinthiya.trust@gmail.com](mailto:zinthiya.trust@gmail.com) पर कॉल करके।

हम वित्तीय आचरण प्राधिकरण के साथ पंजीकृत हैं और हम जो भी सलाह देते हैं वे स्वतंत्र और निष्पक्ष हैं।

## Фондация Зинтия

Zinthiya Trust е регистрирана благотворителна организация, която предоставя подкрепа на жени и семейства да бъдат свободни от бедност и насилие. Услугите, които предлагаме, включват 1-2-1 съвети и насоки за жени, бягащи от насилие, включително тези без достъп до публично финансиране, финансови, енергийни и дългови консултации за засегнати от тези проблеми, както и практическа помощ с спешно дозареждане с храна и гориво. Също така пазаруваме в общността, които продават евтини хrани, хигиенни продукти и санитарни продукти на адрес 10 Bishop Street LE1 6AF.

Нашата БЕЗПЛАТНА услуга за посещение ще се провежда в **сряда от 14:00 до 16:00** часа от сградата Shamrock на училище Sacred Heart (моля, използвайте входа на 10 St Saviours Rd, Leicester LE5 3GE) и е отворена за жени. Ако имате затруднения с някой от тези проблеми, моля, посетете се и говорете с нашите съветници. Алтернативно, можете също да си запишете час в нашия офис на 10 Bishop Street, като ни се обадите на 01162545168 или из pratите имейл zinthiya.trust@gmail.com.

Регистрирани сме в Financial Conduct Authority и всички съвети, които предоставяме, са безплатни и безпредвзетни.

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## Free School Meals and Pupil Premium

If your child has moved from Year 2 to Year 3 please bear in mind payments for school dinners must be made. If you think you are entitled to Pupil Premium, please read the following and speak to office staff before the end of the academic year. It is best that this paperwork is completed before September.



### Free School Meals Explained

All Reception, Year 1 and Year 2 are entitled to a Universal Free School Meal (often referred to as UFSM).

- If you are in receipt of certain benefits you may be entitled to Free School Meals (FSM).
- The difference is that if you are entitled to FSM there are other means of support that you can tap into.
- Once you are in receipt of benefits related Free School Meals your child's school will receive additional funding (Pupil Premium) to help and support you through your child's education. The school will also receive extra support to deliver a fully inclusive and accessible education for all of our pupils.
- You can apply for Free School Meals at any time while your child is at Sacred Heart.

#### For example:

If you apply and are entitled to Free School Meals in Reception class the funding is there to support you for your child's entire time at Sacred Heart. If you become eligible in year 5 then the Pupil Premium funding goes with you to secondary school.

#### How can Pupil Premium funding help me?

Pupil Premium funding is used at the schools discretion to support children, each situation is assessed individually but examples of the support available are listed below:

<ul style="list-style-type: none"><li>• Help with before and after school childcare</li><li>• Support with payment for trips if receiving FSM</li><li>• Help with school uniform</li><li>• Music lessons subsidy</li></ul>	<ul style="list-style-type: none"><li>• Before and after school sports and activities</li><li>• Additional tuition</li><li>• Holiday clubs</li><li>• Counselling support and play therapy</li></ul>
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#### Is my child eligible?

From 1 April 2018, free school meals in all schools are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- [Universal Credit](#) (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- [Income Support](#)
- [Income-based Jobseeker's Allowance](#)
- [Income-related Employment and Support Allowance](#)
- [Support under Part VI of the Immigration and Asylum Act 1999](#)
- The guaranteed element of state [Pension Credit](#)
- [Child Tax Credit](#) (provided you're not also entitled to [Working Tax Credit](#) and have an annual gross income of no more £16,190)
- [Working Tax Credit](#) run-on - paid for four weeks after you stop qualifying for Working Tax Credit.

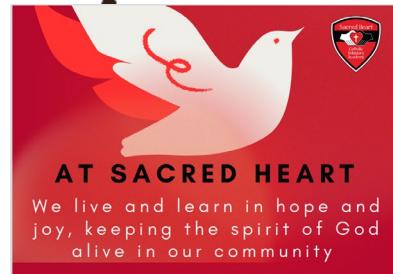
If you are eligible for benefits-related free school meals in accordance with the above criteria, and your child is also receiving Universal Infant Free School Meals, **please still apply**. This will enable your child's school to claim valuable 'pupil premium' funding.

#### How do I apply?

You can apply for Free School Meals on line via Leicester City Council.

You will need to complete a simple form and then await the response.

<https://www.leicester.gov.uk/schools-and-learning/grants-and-allowances/free-school-meals/>



## Eco Club Update – Global Citizenship in Action

This month, our **Eco Champions, Energy Rangers and Laudato Si Team** have been learning about **Global Citizenship** and how young people can take action to support others and make a positive difference in their community.

As part of this learning, the children chose to write to a former pupil, **Harry Garner**, who is now the **Young Conservative Lead**. They were inspired by learning about his work, particularly a **Teenage Cancer Awareness project**, which helps young people recognise early signs and symptoms of cancers that can affect teenagers.

Although our pupils are still in primary school, they showed great maturity and compassion by recognising that **health and wellbeing are important at all ages**. They discussed how raising awareness, sharing knowledge and showing kindness can help support others and potentially save lives.

The children worked collaboratively to plan, draft and refine their letter, thoughtfully expressing their ideas and questions. This experience helped them understand that their voices matter and that writing can be a powerful way to create change. We are incredibly proud of their enthusiasm, teamwork and commitment to helping make our community a healthier and kinder place.

**Here is the letter they wrote:**

**Dear Young Conservative Leader Harry Garner,**

*We are writing as the Eco Team at our primary school. As part of our Global Citizenship learning, we have been learning about how young people can take action to help others and make positive changes in their community.*

*We would be delighted to welcome you to our school and learn more about your projects. We recently read about a Teenage Cancer Awareness project that helps young people understand the signs and symptoms of cancers that can affect teenagers.*

*Even though we are still in primary school, we want to educate people about cancers that can affect people of all ages. Learning about health and wellbeing is important and raising awareness can help save lives.*

*We were inspired by your projects and want to learn more so we can also make our world healthier by helping our community.*

*Thank you for reading our letter and for your time. We hope you might be able to visit us soon.*

***Yours sincerely,***

*The Eco Team (Eco Champions, Energy Rangers and Laudato Si Team)*

*Humaira, Nency, Mehrish, Amaan, Rose, Kimberley, Omik, Taksh and Dhiya*

*Eco Lead: Mrs Dushan*



## Eco Tip of the Month

Power Down, Planet Up!

Switch off screens and plugs when they're not in use.

Saving energy helps the Earth and our school too.

## Waste Warrior Tip

Paper Smart!

Use both sides of paper before recycling it.

A little change can make a big difference.

## Mindfulness Club – Every Monday

Every Monday after school, we run Mindfulness Club, with a special focus on Family Mindfulness as part of our Global Citizenship and CALM / wellbeing learning.

The club gives children a calm and safe space to:

practise mindfulness and relaxation

talk about feelings and wellbeing

learn ways to manage emotions and build resilience

Time: 3:20pm – 3:50pm

All are welcome

*If you have any questions or would like to find out more, please see Mrs Dushan after school.*



At Sacred Heart Primary School, we believe that regular attendance is vital for your child's education and overall development. Our attendance at the end of the Advent term was **95%**. To ensure that our children are achieving their best, we aim to maintain an attendance rate of **above 96%**.

The table below indicates the numbers of days and lessons missed as attendance decreases.

Attendance percentage	Days missed	Lessons missed
100%	0	0
99%	2	10
97%	5	25
95%	10	50
93%	14	70
90%	20	100

### **Term Time Holidays**

Please find our schools Attendance Policy on our website or click the link below.  
[Policies - Sacred Heart Catholic Voluntary Academy – Leicester](#)

### **Dates for the Lent Term:**

**Wednesday 4<sup>th</sup> February** - Zinthyia trust outreach starts Shamrock office 2pm-4pm (Every Wednesday)

**Friday 6<sup>th</sup> February** - TTRS battle.

**Friday 6<sup>th</sup> February** – Cuddly Toy Sale in school during Golden Time.

**Friday 13<sup>th</sup> February** – Last day of Lent Term 1.

**Sunday 15<sup>th</sup> February** – Leicester MusicFest at English Martyrs.

**17<sup>th</sup> – 21<sup>st</sup> February** – School closed for half term.

**Monday 23<sup>rd</sup> February** – School opens for Lent Term 2.

**Monday 2<sup>nd</sup> March – Friday 6<sup>th</sup> March** – Careers Week at Sacred Heart.

**Wednesday 4<sup>th</sup> March** – World Book Day at Sacred Heart.

**Tuesday 10<sup>th</sup> March** – Parents evening.

**Friday 27<sup>th</sup> March** – Last day of Lent term.

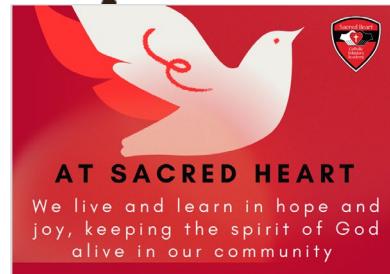
**30th March – 10<sup>th</sup> April** School closed.

**Friday 6<sup>th</sup> February  
During Golden Time**

# **Cuddly Toy Sale**



**50p a teddy!**



*11.00am 1st Holy Communion Preparation*

*11.30am Sensory Friendly Mass*

*At Sacred Heart Primary School*

*Mere Close, Leicester, LE5 3AS*

**Sat 17th January:** Welcome to God's Family

**Sat 21st February:** Lent ~ In the Wilderness

**Sat 21st March:** Forgiveness ~ Death & Resurrection  
*with First Reconciliation informally after Mass*

**Sat 25th April:** New Life & Easter

**Sat 16th May:** Mary's Yes to God

*At Sacred Heart Church  
25 Mere Road, Leicester, LE5 3AS*

**Sat 20th June:** God's Greatest Gift of Holy Communion

**Sat 4th July:** First Holy Communion Day  
*with a practice before Mass*

# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthrals young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

Sources: <http://www.bbc.co.uk/news/technology-35204695>  
<https://sproutsocial.com/insights/social-media-algorithms/>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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#WakeUpWednesday

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## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.