



# Sacred heart children's newsletter

December 2025

## Odd Socks Day!

Thank you everyone for participating in Odd Socks Day during anti-bullying week.

Remember we are all unique just like our socks!



## Christmas competition!

We challenge you to make Christmas ornaments with recycled materials(cardboard, bottle caps).

The ornaments can be used to decorate your class Christmas tree.

The winner will receive a prize!

(Bring them to Miss Davidson in Rowan classroom)



## Message from the Sports Council

During winter you can stay healthy at home by doing jumping jacks or yoga. You can also be healthy by doing little chores around your house.

Remember to eat healthy (vegetables and fruit) and not always junk food.

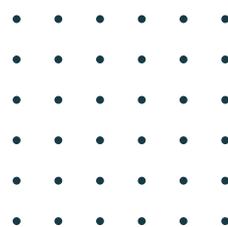
You could try and find a nearby indoor swimming pools and try to find workout equipment and use it.

You could persuade friends and family members to join you!



## Riddle of the month:

What goes up but never comes down?





# Books we loved reading this month!

