



As we come to the end of this term, we find ourselves nearing the end of the season of Lent. This time of reflection and preparation has allowed us to embrace the values of thoughtfulness, holiness, and community here at our school. It is heart-warming to see our students engage in activities that encourage empathy and kindness, embodying the true spirit of Lent.

This year, we have supported CAFOD through your generous donations. This is especially important as it helps those in need, both near and far, allowing us to live out our faith and show compassion towards others. Thank you for encouraging your children to contribute; every little bit makes a difference.

As we approach the Easter holidays, we encourage all families to take this time to reflect, pray, and enjoy the company of loved ones. This Easter, let us remember the importance of togetherness and gratitude as we celebrate the resurrection of Christ.

Wishing you a safe and peaceful Easter break!

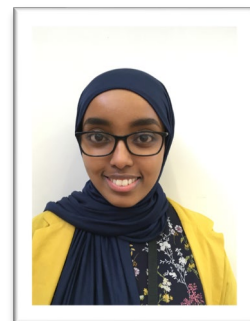
Mrs James and Mrs Sexton



Goodluck to Mrs Mohamoud

We are delighted to share that Mrs Mohamoud will begin her maternity leave after the Easter break. We send her our warmest wishes and all our love from the Sacred Heart family. We hope she enjoys this precious time and the beautiful moments ahead with her new arrival.

Mrs Mann will be working in Maple class Monday and Tuesday until the end of this academic year.



Goodbye Mr J

Mr J had his last day with us on Wednesday. He is moving back to his native Bermuda and we wish him nothing but the best as he embarks on this next chapter of his life. Thank you for everything!

A special note of **THANKS** to the staff who volunteered their time to organise and run our first Movie Night!
We would also like to thank staff for donating prizes and selling raffle tickets for the family hampers! Their dedication to our school community is vital and is always very much appreciated.
AND THANK YOU, our wonderful families, for ALWAYS supporting our school!!





This Lent our school is supporting CAFOD and joining other schools around the country to help fight poverty around the world. With the money we collected. The whole school have walked a mile on our school grounds during The Big Lent Walk on the 23rd March 2026.

Our fundraising will help people like Bayezid and his community in Bangladesh to create floating gardens that are immune to the effects of flooding caused by climate change.





Lent Day

We began our Lent Day with a Celebration of the Word. The year 1 and 2 children led a procession of Palms around the assembly hall. During the day each class focused on one station of the cross and then we all came together in the afternoon for The Way of the Cross.

Each class created Easter Cards which will be delivered to local care homes to share Easter Blessings with those in our community.

To end our day we had a whole school liturgy with a liturgical dance by Year 6 and joined in reverence for the Veneration of the Cross.

Thank you to all the staff who helped put this together with particular thanks to Mrs Cefai and to Mrs Noronha for choreographing our Year 6 girls in a beautiful liturgical dance.



Loving God,

As we celebrate the joy of Easter, we thank You for the children, families, and staff of Sacred Heart School.

Bless our community with Your peace, fill our hearts with hope, and guide us in the light of the Risen Christ.

May we grow in love, kindness, and faith each day, and share the Good News through our words and actions.

We ask this through Jesus Christ, our Lord.

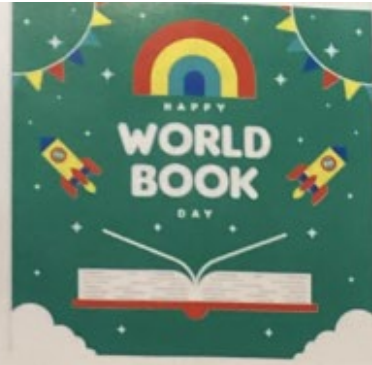
Amen.



ALL THE NEWS FROM SACRED HEART

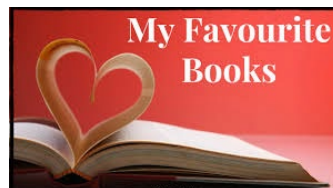


World Book Day



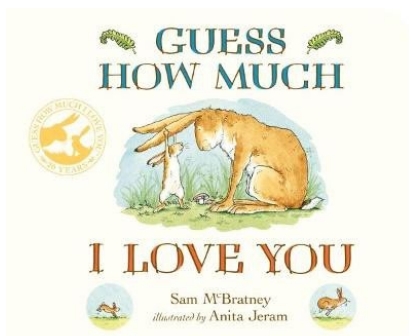
04/02/26

Today we celebrated world book day in school, we all came dressed in our pyjamas and wore our favourite words about bedtime. We shared some sensory stories together on the carpet, we also watched and listened to some our favourite stories on our classroom whiteboard.



My favourite book by...Mrs Gopal

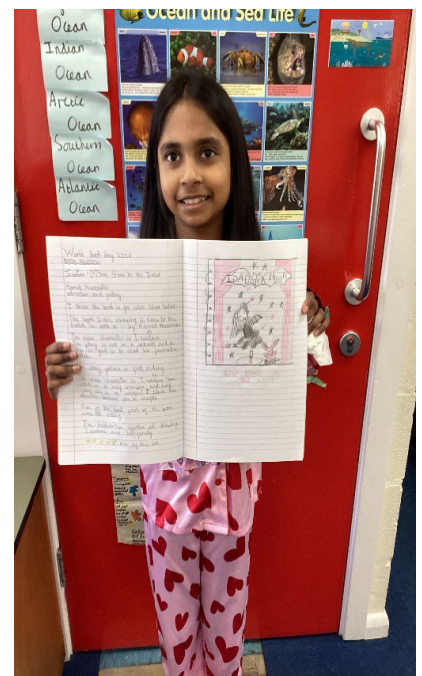
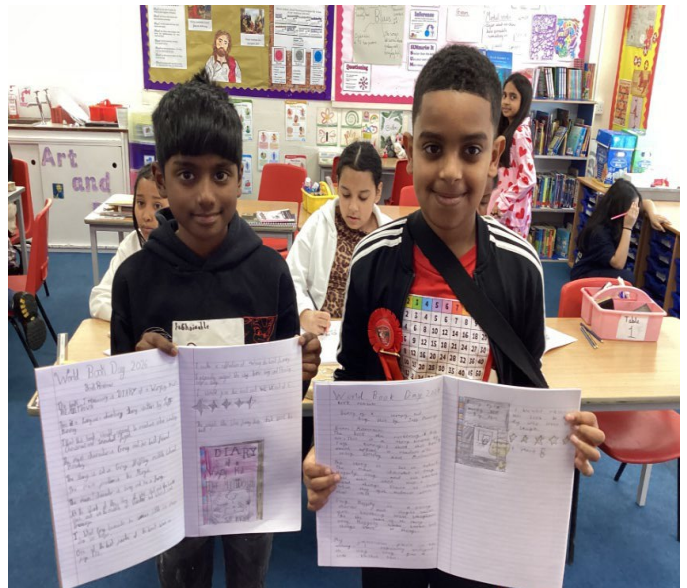
I read this book to my children when they were little, love reading it in school, and now read it to my grandchildren. Such a lovely story.



WORLD
**BOOK
DAY**

World Book Day 2026

Today we celebrated an amazing World Book Day at our school! We dressed up as our favourite words, shared lively book reviews, and discussed the brilliant words everyone chose- then brought them to life with creativity and imagination.





Careers Week at Sacred Heart Monday 2nd – Friday 6th March

Architects

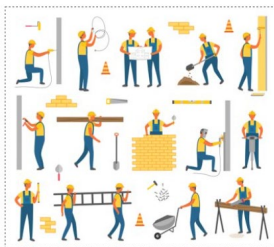
Year 6, Oak Class had the pleasure of having a workshop with **IMA architects!** The children learnt what architects do, in a fun and interactive way. The managing Director, explained his journey from a year 6 student to where they are today:



This really helped the children understand that you may not end up in your dream job straight away, but it is a process and you need to persevere. The children were asked if they have the skills and interests to be an architect? They were also informed about other jobs within the construction industry. **The Construction Industry is HUGE!**

Could YOU Be an Architect?

- Architect
- Engineer
- Quantity Surveyor
- Site Manager
- Bricklayer
- Electrician
- Plumber



- If you like:
- Drawing
 - Making things
 - Solving problems
 - Helping people

You could be an architect!

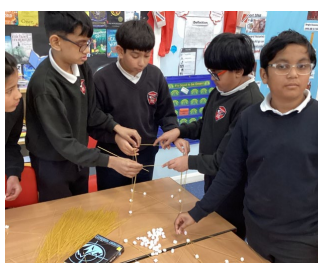


Activity time:

The class was given the Spaghetti and Marshmallow challenge! They had to try and build the tallest tower using Spaghetti and Marshmallow, bearing in mind which shapes are strong and can withstand pressure.

There were prizes for:

- Tallest tower
- Most creative
- Best teamwork





Careers Week at Sacred Heart Monday 2nd – Friday 6th March

Firefighters and a Physiotherapist

The children in Year 5 heard from Firefighters and a Physiotherapist. This encouraged a range of conversations about our aspirations for the future and the different careers we could pursue.



I learnt that physios use a stethoscope to listen to patients breathing to check their lungs.
Aiden Year 5

'It was interesting because children in school got to hold different equipment that physios use when they have a client with them.'
Hannah Year 5

Visit From Local MP Shivani Raja

We were so lucky to welcome the local MP for our area Shivani Raja. We made Easter cards together for local care homes and spoke about how we can contribute to making Leicester an amazing place to live! Mr Raja celebrated Internation Women’s Day with a special mention to our Year 6 girls where she said, “their curiosity, confidence and kindness remind me why we must keep fighting for future where every girl and woman can thrive.”



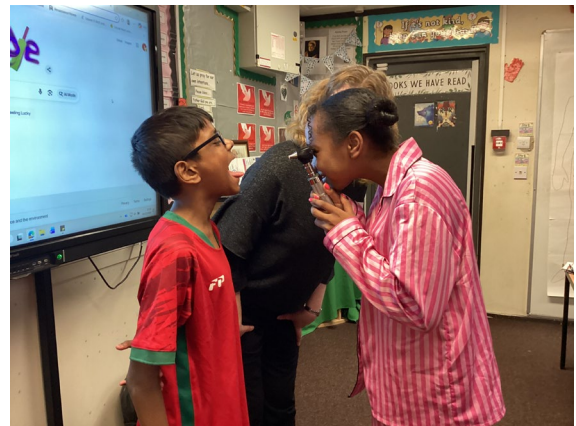


Careers Week at Sacred Heart Monday 2nd – Friday 6th March

GP visit

A visiting GP had a positive and engaging impact on the Year 6 class during Careers Week. She delivered interactive activities, including a hands-on task where pupils placed body parts onto a human outline while learning about their functions. This helped deepen their understanding of the human body in a fun, memorable way.

She also brought in her medical bag, allowing pupils to explore real equipment such as a finger temperature reader, stethoscope, throat light, and ear-checking device. This sparked curiosity and excitement, giving pupils a practical insight into the role of a doctor and making the career feel more accessible and relatable.






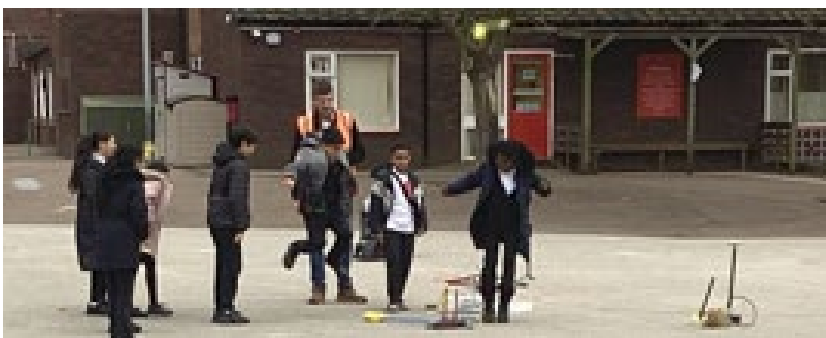
British Science Week 2026 took place from **Friday 6th March to Sunday 15th March 2026**. This year, we embraced the theme of **curiosity** with a whole-school celebration that sparked wonder, excitement, and plenty of brilliant questions.

Using Explorify, we zoomed in and zoomed out of mysterious images, challenging ourselves to guess what they might be. We also explored a range of imaginative “What if...?” questions, our favourite being “What if humans hibernated?” which led to some wonderfully creative thinking.

A highlight of the week was our special assembly which blended creativity, art, reading, and high aspirations alongside the scientific learning. It created such a rich, engaging experience for our pupils, and it was clear how much they gained from it.

The rocket launch, led by the fantastic team from STEAM.co allowed our children to experience the launch of a model rocket. The energy was sky-high, everyone was buzzing with enthusiasm as we watched science come to life right in front of us.

Thank you to our Science Lead, Ms Chana for organising all the events this week! British Science Week 2026 left us inspired, curious, and eager to keep exploring the world around us.



WHAT IF...

What if my bones were bendy?

Challenge the class to think about what life would be like if their bones were bendy.



WHAT IF...

What if plants could talk?

Challenge the class to think about how plants communicate.





ALL THE NEWS FROM SACRED HEART



Eco News & Events at Our School

Energy Rangers Hard at Work!

Our dedicated Energy Rangers continue their weekly energy-saving checks every Friday. As the weather warms up, they make sure windows are opened sensibly for ventilation, blinds are adjusted to keep classrooms cool and unnecessary lights are switched off helping our school stay comfortable while caring for our planet. Well done, Rangers!



Eco Club meets every Tuesday lunchtime, where children have been busy looking after our school garden. They've also been planting new seeds using reused yoghurt pots to help reduce waste and care for our environment.

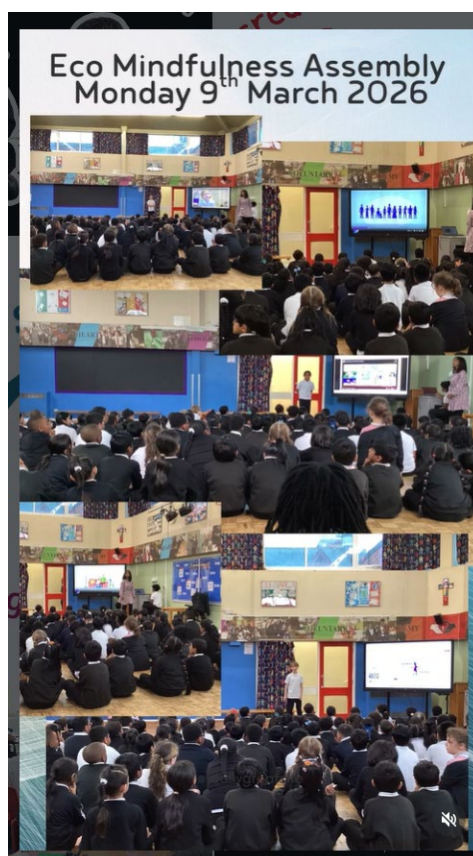


Friday 27th February – SWITCH OFF DAY: Super Silly Edition!

We celebrated Switch Off Day in the silliest way possible! Staff and children were encouraged to switch off emails, screens, PowerPoints and enjoy a well-deserved break. Whether it was dancing badly, wandering about, eating a snack or simply staring dramatically into space, everyone joined in with fun and mindful silliness. A brilliant reminder that rest matters!

Monday 9th March – Eco Mindfulness Assembly

Our Eco Mindfulness Assembly helped everyone pause, breathe and reconnect with nature. Pupils explored small, everyday ways to act with calm awareness and care for the world around us.



Our upcoming event:

Friday 27th March – Eco Switch-Off All Gadgets Day

To finish the month, we will be joining together for a whole-school challenge: switching off all gadgets for the day to cut energy use and boost mindful time. A powerful reminder that small changes make a big difference.

A big thank-you to the Eco Champions Team, Laudato Si Team and our Energy Rangers for leading this important work!



Dates for the Diary

Monday 13th April – School reopens

Monday 13th April – Football and Fitness afterschool clubs start (3:15pm-4:15pm)

Thursday 15th April – Freeze Pops on sale EVERY Thursday 30p

Thursday 16th April - DMU - year 5 and 6 pupils workshop

Friday 17th April – Oak class swimming (5 Fridays)– consent letter needs to be signed and handed back to class teacher beforehand.

Monday 4th May – Bank Holiday

Monday 11th – Thursday 14th May Year 6 SATs.

Friday 22nd May – Colour Dash Charity Event in school

Monday 25th May – Friday 29th May – Half Term School Closed

Monday 1st June – School reopens

The Zinthyia Trust EVERY Wednesday 2pm to 4pm from the Shamrock building at Sacred Heart school (please use the entrance on 10 St Saviours Rd, Leicester LE5 3GE)



11.00am 1st Holy Communion Preparation

11.30am Sensory Friendly Mass

At Sacred Heart Primary School

Mere Close, Leicester, LE5 3AH

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



Disabled Children's Activity Programme - Easter holidays 2026

Children with disabilities who live in Leicester city can take part in free activities over the Easter holiday. Activity sessions will take place on:

Tuesday 31st March at Thurnby Lodge Children, Young people and Family Centre, 76 Dudley Avenue, Leicester LE5 2EG from 13:30 – 16:00

Tuesday 7th April at New Parks Children, Young people and family Centre, Pindar Road, Leicester LE3 9RN from 13.30 – 16:00

Please note siblings are welcome to attend, and parents/carers are required to accompany and support their children during the session.

A food hamper will be provided to those families attending where their child is receiving benefits related free school meals.

No booking is required for attending activities, however, those attending will be asked to complete a registration form on arrival.

Emotional well-being workshop

We are also working in partnership with the CEIPS, C-CYPP (Calm Children & Young Peoples Programme) during the Easter break to offer Emotional Well-being workshop for parents and children.

The workshop will teach children techniques focusing on managing anxiety, low self-esteem and low mood. Also, parent sessions will be available to learn calming techniques to use with children.

Short sessions for children aged (6-14) for support around emotional well-being, anxiety or exam stress etc.

Parents are welcome to attend a short separate 15-minute session to learn some calming techniques to use with your children.

Booking is required to take part in the workshops **[Complete the online booking form](#)**. Or use the QR code on the attachment.

Further information can be found on families.leicester.gov.uk/disabled-childrens-activity-programme



CEIPS Easter Emotional Well-Being Workshops

The Disabled Children's Service is also working in partnership with the CEIPS, C-CYPP (Calm Children & Young Peoples Programme) during the Easter break to offer extra support options for parents and children. These will be to teach children techniques focusing on managing anxiety, low self-esteem and low mood. Also, parent sessions will be available to learn calming techniques to use with children.

Please scan the QR code to get more details for this extra programme.



- Short sessions for children aged (6-14) for support around emotional well-being, anxiety or exam stress etc.
- Parents are welcome to attend short 15min sessions to learn some calming techniques to use with your children.



If you would like to take part in these extra activities either or both, please, scan the QR code and complete the questionnaire.

Contact us:

Rajvinder.Jahal@leicester.gov.uk / CEIPS-admin@leicester.gov.uk





Free and low-cost activities during the Easter holidays

This Easter, the following free and low-cost activities and events available for children, young people and families. Please share the following information with your school community.

Free and low-cost activities

This Easter, enjoy a variety of free or low-cost family activities - from craft sessions at libraries, to railway days at the Abbey Pumping Station, and a K-Pop day at Leicester Guildhall.

Full details of activities and events is available at families.leicester.gov.uk/easter-fun.

SEND Easter activity programme

Children with special needs and disabilities who live in Leicester can take part in free activities over the summer holidays. Siblings are welcome to attend, and parents/carers are required to accompany and support their children during the session.

A food hamper/voucher will be provided to those families attending where their child is receiving benefits related free school meals. There is also an opportunity for families to sign up for an emotional well-being workshop focused on managing anxiety, low self-esteem and low moods.

Full information about the programme is available at [Disabled children's activity programme - Easter 2026 | LCC Family Hub](#)

Holiday activities and food programme (HAF) - Easter 2026

There is still time for children who eligible for benefits-related free school meals to register for a HAF programme over Easter holiday and they will also receive a healthy lunch each day that they attend.

Full information is available at [Holiday activities and food programme | LCC Family Hub](#)



Easter Holidays:
Mon 30th March -
Thurs 2ND April
Tues 7th April -
Fri 10th April

4 HOURS OF ACTIVITY FOR 4
DAYS
INCLUDES LUNCH



LOPC

-HAF PROGRAMME-

Holiday Activities and Food programme providers FREE provision to all children and young people in receipt of BENEFITS RELATED Free School Meals, places are subject to eligibility checks



Hayley@LOPC.CO.UK

BOOK NOW!



Healthy Together Newsletter

ISSUE 10



Welcome to your latest Healthy Together newsletter

Hello and welcome to the latest edition of your newsletter for parents/carers and school staff from the school nursing team at Healthy Together.

In this update, you can find advice around reducing screen time, information about free online parenting pathways and details of our Lanterns game, encouraging children to write down their worries and watch them float away.

Reducing the amount of screen time for children

To help you explain the importance of looking away from and spending less time on their screens, we have produced 5 easy to understand reasons for you to share with your child.

Riddle me this!

When should you turn off your screen before bed time?

- 1 1 hour before
- 2 1 second before
- 3 1 minute before



[Click here to view our 5 reasons why you need to look up from a screen](#)



Free online parenting pathways to support your journey

[Togetherness courses](#) cover concerns that parents often face with all children, from before they are born to early adulthood, including physical and mental health, understanding their feelings and how to build better relationships.

Issues that affect children with additional needs including learning disabilities and autism – are also covered.



[Click here to find out more about all of the available courses](#)

www.healthforkids.co.uk

In the Spotlight

Lanterns: Helping to let go of worries

For some children, feelings can be difficult to understand, share and let go of.

To help with this, the [Lanterns game](#) on Health for Kids encourages children to note down their feelings on one of our lanterns and watch as they float away, rather than 'bottling up' how they are feeling.



 [Click here to play our Lanterns game](#)

Contact a school nurse by text message

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-19 in Leicester City, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 381



Free local support for managing parental conflict

There is strong evidence that conflict between parents, whether they live together or are separated, can have a significant negative impact on children's mental health, well-being, and long-term life chances

Not all conflict is harmful. Children can cope well with disagreements that are calm, short-lived and resolved. However, when conflict is frequent, intense, or poorly resolved, it can affect how safe children feel, how they manage their emotions, and how they behave at home and in school.

[The East Mids Relationships website](#) offers more information as well as non-judgmental support and guidance for managing parental conflict.

Contact a health professional via the Healthy Together Helpline


You can also call to speak to the Helpline's qualified health and administrative professionals who offer

easy to access, safe and free advice, support and signposting.



Call 0300 300 3001

Calls are answered from 9am – 4.30pm on weekdays, excluding bank holidays.

 [Click here to visit the East Mids Relationships website](#)

EastMidsRelationships