



Diary Dates

NEWSLETTER

16th May 2025

Pupil attendance to date: 94.8%. Target 97%

Mon 19th May

Beginners chess with Colin (Yrs 1-6)

Summer sports club (Yrs 1-4) 3-4pm

Tues 20th May

Lunchtime Rosary Club 12.30-1

May Procession 1.30-2.15pm

Intermediate Chess club Yrs 1-6 3-4pm

Racket Sports Years 3-6 3-4pm

Irish Dancing 5-8pm

Wed 21st May

Athletics Club 3-4pm (invited children only)

Lego club Years 1-4 3-4pm

Dear Parents and Carers,

This week we marked mental health awareness week with a whole school assembly delivered by Elinor from the Hillingdon Mental Health Support Team.

The late Pope Francis talked openly about his own mental health struggles—suffering from stress and anxiety and shared the fact that he had received support from professionals. It is something we should all feel able to talk about.

In school we teach the children about the 'Zones of Regulation' and how to manage their feelings and emotions. To be ready to learn they must be in the green zone. We want to arm our children with the strategies to manage themselves so they can live their life in all its fullness.

Sick	Calm	Frustrated	Mad/Angry
Sad	Happy	Worried	Mean
Tired	Focused	Silly	Yelling/Hitting
Bored	Ready to Learn	Excited	Out of Control
Blue	Green	Yellow	Red

We are very fortunate to have the team from Hillingdon working in school. They will be supporting the staff and our parents in ensuring we can do even more for our amazing children.

Have a lovely weekend everybody.

Mr Doherty

Attendance

Attendance this week was 94.8%

This week's top class for attendance with 99.3% was Year 1. Well done Year 1!





St Catherine Catholic Primary School

FSCS News



16th May 2025



Thank you to everyone who came out last Sunday to join us for our latest fundraising event the Family game night with fantastic Italian food.

Well done to all our volunteers, our amazing team of cooks who prepared the food and all our winners on the evening! We couldn't do any of this without your continued support. Look out in next weeks newsletter for the total raised!



Coming up...

Thursday 12 June

FSCS Meeting, 7 pm, School Library

Our last meeting before the Summer Fayre!

June

2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



St Catherine Catholic Primary School

FSCS News



16th May 2025



Sunday 6 July 2025

We are fast approaching the event of the year!

How can you help make this the best one yet?

- **PRIZES** Can you help us get prizes? Do you work for a company or have any contacts who can donate a prize? We have a letter you can provide to the prospective donator, please ask one of our representatives.
- **ACTIVITIES** Do you have any ideas for new games or activities for the kids?
- **VOLUNTEER** Can you help us set up before the event and/or help on a stall? We can only have stalls if we have people to help operate them.

Please contact one of the FSCS representatives (via your WhatsApp Class Rep or on the playground) for more information.


List of stalls we require volunteers for

- International food stall
- Cakes stall x3
- Ice cones x1
- Pick a carrot x2
- Hoopla x2
- Tin Can Alley x2
- Bottle Tombola x2
- Face Painting x2
- Glitter Tattoos x2





ST CATHERINE'S SUMMER FAYRE



Sunday 6th July
12:00–3:00pm

IN THE SCHOOL PLAYGROUND
MONEY LANE, WEST DRAYTON

£1 ENTRY
(CHILDREN FREE)

JOIN US FOR LOTS OF FUN!
ALL WELCOME!

- tombolas • fun games •
- fully licensed bar • BBQ
- food and cakes • silent auction
- glitter tattoos • face painting
- raffles • great shows and entertainment •
- music by Radio Hillingdon and much more!

SPONSORED BY



Oakwood
Estates



This week the school began working with the Hillingdon Mental Health and Wellbeing Support Team who delivered workshops on friendship to Years 3 and 6 and also delivered a whole school assembly. Elinor, from the team, will be working in our school every Thursday to support our staff and children. Please read the attached flyers for more information:

NHS
Central and
North West London
NHS Foundation Trust

HILLINGDON WELLBEING SUPPORT

Hillingdon Mental Health Support Team are delivering **interventions** designed to help parents support children with **common childhood problems**.

Sessions last for approx. **1 hour** and are in person or online. The interventions involve our team working directly with parents.

CHALLENGING BEHAVIOUR FOR 5-11 YEARS | 7 SESSIONS

Aims to support parents teach children how to manage their emotions, set clear boundaries at home, understand difficult behaviour and to support children build resilience.

CHILD ANXIETY | 6 SESSIONS

What is anxiety? What is worry? Are they the same thing? This intervention supports parents who have children who may worry a lot, feel nervous, or they are very shy. We learn techniques to build confidence, reduce worry, and understand how anxiety works.

FOR MORE DETAILS:

Contact Ms Gallagher, your child's class teacher or email us on: cnwl.adminhillingsdonmhstcamhs@nhs.net

We operate weekdays between 9am-5pm.

For urgent our out of hours support please contact the Urgent Crisis Line on: 0800 023 4650



Compassion



Respect



Empowerment



Partnership





Central and
North West London
NHS Foundation Trust



HILLINGDON WELLBEING SUPPORT



We also deliver various parent workshops and coffee morning to cover topics related to mental health and behaviour.

PARENT WORKSHOPS

We cover various topics including the following:

- | | |
|------------------------------------|-------------------------|
| Managing Behaviour | Child Anxiety Groups |
| Online Safety | Mental Health Awareness |
| Parental Wellbeing | School Transitions |
| Behaviour and Emotional Regulation | Healthy Living |
| Child Anxiety | |

COFFEE MORNINGS

An opportunity for you to meet the Trainee Education Mental Health Practitioner, meet other parents who might be going through similar concerns, and have a discussion regarding your child's difficulties and how we could help.

IF YOU HAVE ANY QUESTIONS SPEAK TO ME →

My name is Elinor Howell. I am the Trainee Education Mental Health Practitioner based at St Catherine's.

I am usually at the school on a Thursday, feel free to approach me with any questions or arrange a meeting for further discussion.



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Thurs 22nd May

Mental Health and wellbeing support team coffee morning at 8.30am

Summer Sports club
Years 3-6
3-4pm

Singing and signing club
Years 1-4
3-4pm

Friday 23rd May

Last Day of half term. Normal finish time

SATS TESTS

Well done to our Year 6 children who completed their SATs tests this week. I am sure they were anxious but it was lovely to see the calm, assured and mature manner in which they approached each day. Thank you to all the staff involved in preparing and supporting the children throughout the week and thank you to our Year 6 parents for having the children rested and ready each morning. It is very much appreciated.



Mental health and wellbeing workshop for parents

This Thursday (22nd May) we will be hosting a coffee morning with Elinor Howell (from the Hillingdon Mental Health and Wellbeing team) for parents. Please come along for advice and support with any issues related to mental health and wellbeing (see list below of topics that will be covered). We will endeavour to get you into the hall as soon as we can after the 8.30am drop off. We are looking forward to seeing lots of you there. Please give Elinor a very warm St Catherine welcome.

PARENT WORKSHOPS

We cover various topics including the following:

Managing Behaviour
Online Safety
Parental Wellbeing
Behaviour and Emotional Regulation
Child Anxiety

Child Anxiety Groups
Mental Health Awareness
School Transitions
Healthy Living



NEWSLETTER

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Rosary Club in May

It was lovely to see so many children attending our first Rosary Club of May. Rosary Club is open to children from Years 3-6.

Please encourage your children to attend next week. This will be the last Rosary Club this year.

If you have anyone you would like us to pray for please pass on to the office via the school email and we will pass on to Mrs Head.



May Procession

This year's May Procession starts this Tuesday at 1.30pm on The Green. After a short procession there will be a service on the KS2 playground.

Parents and family are welcome to join us. We ask that (if possible) children bring a flower(s) to lay at Mary's altar on the day. These will then be used to decorate our class altars in school or donated to our local care home.

Holy Communion children from last year may bring their outfits (suits/dresses) to change into on Tuesday 20th ahead of the Procession.





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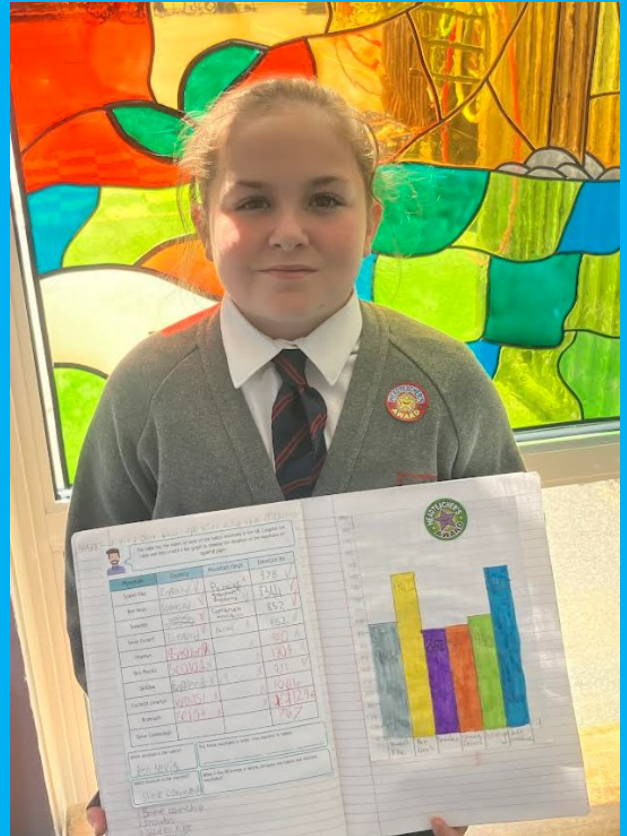
Last Day of half term. Normal finish time

Phonic wizards!

Well done to Amario and Arthur who were sent to see me by a VERY proud Miss Hobbs after getting outstanding scores on their phonics screening tests. Well done boys! You have made **AMAZING** progress and have worked very hard to achieve this.



Super graphs



Well done to Sienna, who was sent to see me with her wonderful graph work in maths. What was really impressive is how Sienna created her own scale to record the data. Well done Sienna!



MYAN MASKS



Year 4 made some wonderful Mayan masks on Friday afternoon linked to their current history topic on the Mayans. The masks were often inspired by animals such as the jaguar, as the Mayans believed these were the spirits of their dead ancestors. They were worn at special events.

Masks were also used on the dead, as it was believed that they protected them on their journey to the afterlife. The death mask of King Pakal (which is made from jade) is one of the most famous Mayan death masks.





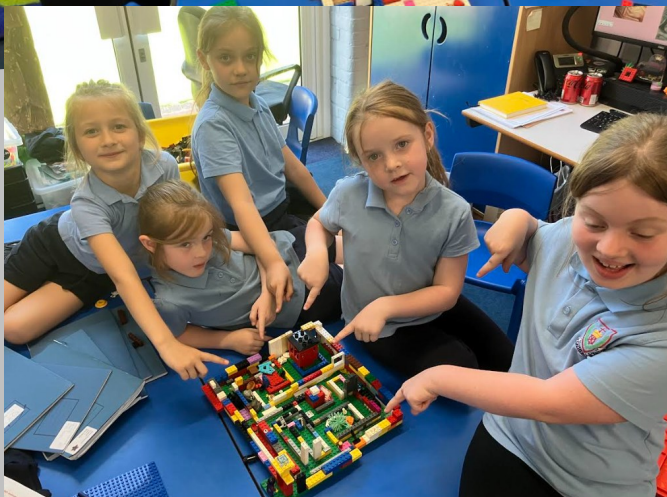
St Catherine Catholic Primary School

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Lego legends!



I had the privilege of taking lego club this week. After reading the legend of Theseus and the Minotaur, the children made their own mazes from lego. I was so impressed at their creativity - especially the pools of blood, booby traps and body parts! Well done children.

I am delighted to inform you that Be Active will be using the school during the upcoming half term for 4 days. Please see the attached flyer for more information. Please remember that the more children sign up the more we receive as a school!

BEACTIVE

MAY HALF-TERM CAMP

SPECIALIST MULTI- SPORT CAMP

EARLY BIRD PRICE
BOOK NOW BEFORE MONDAY 19TH MAY TO
AVOID PAYING £25 PER DAY

REGISTER YOUR CHILD'S PLACE TODAY!



BOUNCY CASTLE



MULTI SPORTS



ARTS & CRAFTS



AXE THROWING



NERF ACTIVITIES



-  Roxbourne Primary School
-  Belmont Primary School
-  St Joseph's Primary School
-  St Catherine's Primary School
-  Ruislip Gardens Primary School
-  St John's Primary School



DAILY COSTS
9.00-3pm- £20

Call 07715 847 132 / 07540 984 154

Email: info@beactivesports.co.uk | www.beactivesportsandclubs.co.uk/book-online

 @BeActiveClubs  @Beactive_20  @BeActive



 **FOOTBALL**

 **BASKETBALL**

 **DODGEBALL**

 **CRICKET**

 **ARTS AND CRAFTS**

 **TAG RUGBY**

 **HOCKEY**

 **ATHLETICS**

DATES & LOCATIONS

**PLEASE PROVIDE:
PACKED LUNCH
WATER BOTTLE**



Harrow

St Joseph's Primary School - HA3 7LP
Tuesday 27th May, Wednesday 28th May
Thursday 29th May, Friday 30th May

Roxbourne Primary School - HA2 9QF
Tuesday 27th May, Wednesday 28th May
Thursday 29th May, Friday 30th May

St John's Primary School - HA7 3AZ
Tuesday 27th May, Wednesday 28th May
Thursday 29th May

Belmont Primary School - HA3 7JT
Tuesday 27th May, Wednesday 28th May
Thursday 29th May, Friday 30th May

Hillingdon

Ruislip Gardens Primary School - HA4 6PD
Tuesday 27th May, Wednesday 28th May
Thursday 29th May, Friday 30th May

St Catherine's Primary School - UB7 7NX
Tuesday 27th May, Wednesday 28th May
Thursday 29th May, Friday 30th May

HOW TO BOOK

Visit our website
<https://www.beactivesportsandclubs.co.uk/book-online>

Select the venue you would like your child to attend

Select the chosen dates that suit you

Confirm your selection and pay via our secure online system

If you are having trouble booking online or would like more information regarding our holiday provision please contact us at:
Email: info@beactivesports.co.uk or Call: 07715 847 132



Scan with your smart phone

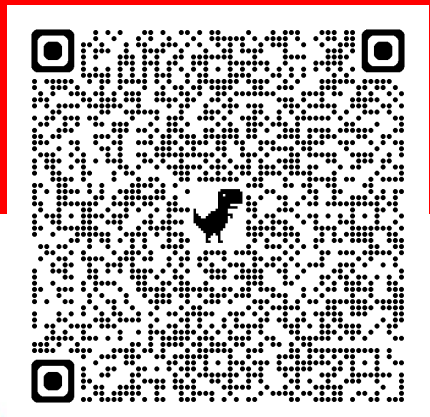


TCS Mini London Marathon

Well done to the children who ran in Saturdays TCS Mini London Marathon. We are so fortunate to be invited to such special events and it was made even more special as we were able to raise £2155 so far for The Passage—a London based homelessness charity.



If you are able to give to our Go Fund me page simple follow the link below or scan the QR code. Thank you to all of you who have donated so far. It is going to a very worthy cause. In a year in which we are called by Pope Francis to be 'Pilgrims of hope' your support is bringing hope to many.






<https://gofund.me/acb668f7>







Our school prayer for May

Our school prayer for the month of May is the Memorare in honour of Mary. May is a special month which we devote to Mary. Please make this a prayer you say with your children









Memorare








Remember, O most gracious Virgin Mary that never was it known







that anyone that fled to your protection









implored your help or sought your intercession was left unaided





Inspired by this confidence I fly unto you









O virgin of virgins, My mother







To you do I come, before you I stand




Sinful and sorrowful



O mother of the word incarnate despise not my petitions



but in your mercy, hear and answer me

Amen 

ST CATHERINE'S AMAZON WISH LIST



Dear parents and carers,

The school has opened an Amazon Wish list account to enable us to provide even more for our children in school. Please see link at bottom of page. There is also a link on the 'Quick Links' section on the homepage of the school website.

If you, or friends or family, are able to contribute please do so.

Once again your support is greatly appreciated.

Mr Doherty

<https://amzn.eu/12fuUtV>



WOW Walk to school challenge

We are excited to take part in this year's **WOW walk to school challenge** which is an initiative from Living Streets, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking to school.

What are the benefits of walking to school?

- Children feel happier and healthier.
- They arrive to school refreshed and ready to learn.
- Helps reduce congestion and pollution at the school gates.



Your children will self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or park and stride) **at least once a week for a month**, they will be rewarded with a badge.

Park and Stride – If driving, park and stride can help your child earn their WOW badges. **Park at least 10 minutes away from the school and walk the remaining journey.** If using public transport, hop off at least 10 minutes away and walk. Use the map below to see suggestions for areas to park and stride. Parking in the blue zone, where permitted, and walking the rest of the way will count as park and stride.

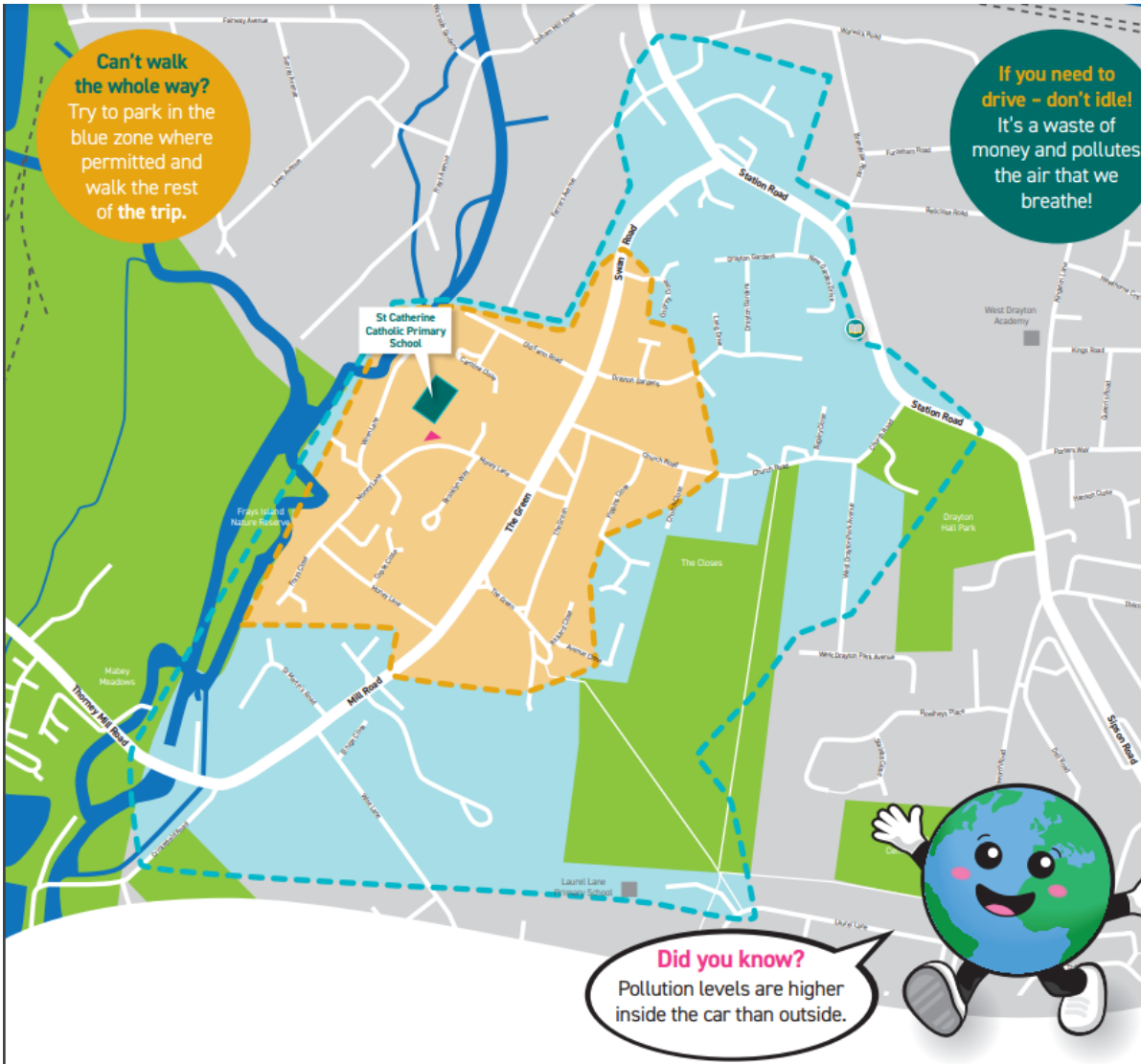
Your children have been introduced to the initiative today and are excited to get going! There are 11 badges to be earned from September 2024 – July 2025. Each badge has been designed by a pupil from across the UK as part of the annual WOW Badge Design Competition. WOW 2024/25 encourages pupils to Walk with Imagination, with a selection of badges ranging from a Bird's Eye View to Road Surfing up for grabs. The badges are made in Cornwall from material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts.

To launch this, next week we will hold a **walk to school week** where you can earn your first badge by walking to school at least once. From the following week you will need to **walk at least once a week during each month**.

Find out more about the challenge here: <https://youtu.be/op0zWJw1Hs0>

We look forward to hearing all about your travels. Happy Walking.





Can't walk the whole way?
Try to park in the blue zone where permitted and walk the rest of the trip.

If you need to drive - don't idle!
It's a waste of money and pollutes the air that we breathe!

Did you know?
Pollution levels are higher inside the car than outside.

skip
your ride,
take a
stride

ST CATHERINE CATHOLIC PRIMARY SCHOOL WALK ZONE MAP

Let's make walking part of your daily routine!

Key:

- 5 minute walking zone
- 10 minute walking zone
- Bus stop
- Zebra crossing
- Pedestrian crossing
- School entrance
- Library



EXPLANATION OF TRAVEL MODES ON THE WOW TRAVEL TRACKER



Cycle: Select this icon if you have cycled all the way to school. 'Cycle' counts as an active journey and contributes towards earning a badge.

Other: This icon counts as an active travel trip and will contribute towards earning a badge. Choose this for any active journey that does not fit into the other categories.



Walk/Wheel: Select this icon if you have walked or wheeled all the way to school. We support disabled pupils and those with special educational needs to enjoy walking. This icon includes pupils walking with the use of mobility aids, including wheelchairs or wheeled walkers. 'Walk/ Wheel' counts as an active journey and contributes towards earning a badge.



Park and Stride: Park and Stride is a great way for pupils who live too far away from school to still earn a badge. Simply park the car at least 10 minutes away from school and complete the journey by foot, wheelchair, bike or scooter (any active mode of travel used to complete the journey counts). 'Park and Stride' counts as an active journey and contributes towards earning a badge.



Bus: Select this icon if you took the bus (including school bus) or used public transport to get to school. 'Bus' does not count as an active journey, so it will not contribute towards earning a badge. If you choose to use public transport but still want to earn a badge, you can hop off at least 10 minutes from school and walk the rest of the way. If you choose to do so, instead of 'Bus' select 'Other'.



Scooter/Skate: Select this icon if you came all the way to school by scooter, skateboard, etc. 'Scooter/Skate' counts as an active journey and contributes towards earning a badge.

Driven: Select this icon if you drove all the way to school. 'Driven' does not count as an active journey so it will not contribute towards earning a badge.



Absent: Select this icon for any pupils who are absent (for every day of their absence). It is important absences are recorded correctly to give pupils a fair chance to earn a badge.

Delete: If you accidentally select the wrong travel mode, use the delete icon to clear it and start again.



Taxi: Select this icon if you travel by taxi the whole way to school. 'Taxi' does not count as an active journey so it will not contribute towards earning a badge.



Important future diary dates

Tuesday 20th May —May Procession at 1.30pm

June—Traveller Awareness month

Monday 2nd June - training day (school closed)

Thursday 12th June - PGL parent information session at 6pm in library

Friday 13th June—Year 5 Longridge outdoor activity centre trip

Thursday 19th June - Rounders Tournament

Mon 23rd June - Fri 27th June—Year 6 PGL trip

Saturday 28th June—Community Stay and Play morning 10am-12 noon

Wednesday 2nd July—EYFS Sports Day in school 9-10am

Friday 4th July—training day (school closed)

Sunday 6th July—School Summer Fayre

Wed 9th Jul—Year 1,2,3 Sports Day on school playground 8.45—10am

Wednesday 9th July—Yr 2 transition to Yr 3 parents meeting at 6pm

Friday 11th July—Year 4,5,6 Sports Day on The Green (9-10.30am)

Tuesday 15th July—Leavers Mass at 9.30am

Tuesday 15th July—Optional Parents Evening 3.15pm-4.30pm

Thursday 17th July—Year 1/2 trip to The Lookout Discovery Centre

Thursday 17th July—Year 3/4 trip to WWT London Wetland Centre

Thursday 17th July—Year 6 production from 6pm

Monday 21st July—Year 6 Leavers BBQ from 1pm (parents welcome)

Tuesday 22nd July—last day of term— 1.30pm finish

