



The Holy Family School News Bulletin – 5th September 2025



There will be a newsletter next week, please read this bulletin carefully as there is important information and dates for your diary.

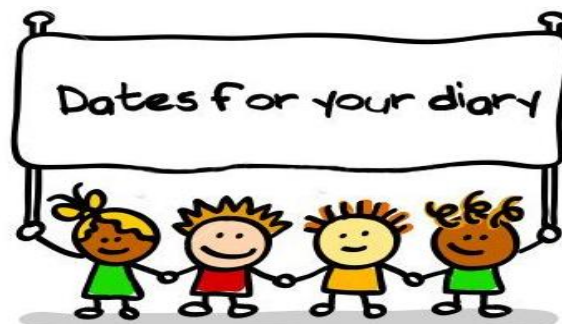
Dates for the Diary

September

- 8th - 2.30pm Meet the teacher Y1, 2 & 3
- 11th – 2.30pm Meet the teacher Y4, 5 & 6
- 11th - Y5 Swimming starts
- 15-18th - Y6 Bikeability Level 3
- 16th – 2pm Welcome Mass
- 23rd – Individual school photos
- 25th – Y3 Egyptian Workshop
- 30th – 1.30pm EYFS Welcome Service

October

- 10th – Y6 trip to Aylesford
- 17th – 9.15am Harvest Mass





Wellies & Raincoats

Please ensure your child has a pair of welly boots in school- the children wear wellies every day during OPAL playtimes and for Learning Outside the Classroom lessons so it is essential they have a pair in school with them. Please can you ensure that **both welly boots have your child's name in them.**

As the weather is starting to turn and become more unpredictable please also ensure your child comes to school with a **named coat or raincoat** every day. Thank you.

Secondary School Applications

Applications for secondary school places to start in September 2026 are now open.

All admissions literature is available via live webpages at www.hertfordshire.gov.uk/admissions and all school based information is accessible through the updated and extended online schools directory at www.hertfordshire.gov.uk/schoolsdirectory.



Sad news

It is with deep sadness that we share the news of the sudden death of Kevin Sarpong, dad to Zachary in Y4, during the summer holidays.

At this time of great sorrow, we hold his wife, Leanna and sons Zachary, Amore and Liam especially close in our prayers.

Grapes for snack time

If your child is in Nursery or Reception and you provide them with grapes as a snack – the EY staff have asked if you could please ensure the grapes are cut in half so that they are easy for your child to eat - thank you.



PE & Learning Outside the Classroom days

PE and Learning Outside the Classroom is on different days for each class – please see the timetable below. Please ensure your child comes to school in PE kit on their allocated day.

PE kit is:

- a logoed red school PE t-shirt
- plain black shorts
- trainers/plimsolls
- plain black jogging trousers/leggings and a plain hoody should be worn when it is cold

Logoed outer PE clothes are not permitted.

If your child does not have a plain black hoody they should wear their red school jumper or cardigan.

Nursery: Wednesday

Reception: Friday

Year 1: Monday

Year 2: Friday

Year 3: Wednesday

Year 4: Tuesday

Year 5: Monday

Year 6: Thursday

Clubs

Please find below a summary of the clubs which will be running this half term

	Organised by school 3.15-4.15pm No charge Booked via Arbor & queries to school office	Organised by external providers Check sign up details, times and prices for each club
Mon	<ul style="list-style-type: none"> • Table Tennis Club – Yr 5 & 6 	<ul style="list-style-type: none"> • Tetra Sports Football Club for Yr 1 & 2 – details here or https://tetrasports.magicbooking.co.uk/
Tues	<ul style="list-style-type: none"> • Book club – Y4 & 5 	<ul style="list-style-type: none"> • Music club KS2 (book and pay through Arbor)
Weds		<ul style="list-style-type: none"> • Tetra Sports Football Club for all KS2 – details here or https://tetrasports.magicbooking.co.uk/
Thurs	<ul style="list-style-type: none"> • Card games Club – KS1 • Maths Reasoning/Problem solving – Yr 5 & 6 • Arts and Crafts club – Nursery, Reception, Y1 	<ul style="list-style-type: none"> • Music club KS1 (book and pay through Arbor) • Everyone Cooks for Y1-Y6 Contact Louise Penn on 07946 303 213 or louise@everyonecooks.co.uk
Fri	<ul style="list-style-type: none"> • Board games – KS2 	<ul style="list-style-type: none"> • Irish dancing for Y1-Y6 Contact Aislinn on 07716 306 909 or aislinn_b@hotmail.co.uk

All clubs must be booked in advance. Please contact the school office if you have any questions.

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SEPTEMBER 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
4th Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
4th Thu	Trampolining -Gosling sports centre 5+	17.30-18.30
5th Fri	Welcome Space Community Drop-In	11.00-12.30
11th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
12th Fri	Welcome Space Community Drop-In	10.00-12.30
13th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
16th Tue	Roller skating Campus West	18.00-19.00
18th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
18th Thur	Trampolining -Gosling sports centre 5+	17.30-18.30
19th Fri	Welcome Space Community Drop-In	11.00-12.30
19th Fri	Youth Group 16 +	18.30-20.30
20th Sat	Basketball 8+ Birchwood	16.00-17.00
25th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
26th Fri	Welcome Space Community Drop-In	11.00-12.30
26th Fri	Skateboarding Pioneer Club Age 9+yrs	17.30-18.30
27th Sat	Train Club PK Hub Age 12+	12.00-14.00
27th Sat	Soft Archery 8+ Birchwood	16.00-17.00

For further information on any of our Activities or Educational Services please email us at info@potentialkids.org

POTENTIAL KIDS

BOOKINGS at
potentialkids.org.uk/events

PK Hub & Garden



Therapeutic Gardening
1:1 & Group Sessions.
Volunteers Needed



Danecroft Stables



Pony Days

OUR OFFER

Sports & Social
Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative
Provision Provider
EOTAS

Communication,
Learning & Social
Support for All



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Qualifications



COMMUNITY
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Hertfordshire
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Continue the summer excitement at our family fun day
and you could also try out a new hobby for your child!
Hosted by 'The Cotter Academy of Irish Dance' in
association with 'The Shamrock Club'.



Family FUN DAY

SATURDAY 6TH SEPTEMBER
12.30 – 4.30PM

**The Shamrock Club,
Welwyn Garden City**

Free entry!

**BBQ; tombola; raffle; Irish dance
demonstrations; disco**





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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