

10th October 2025

DoWAT



THE HOLY FAMILY SCHOOL

'As a family we live, love, learn and celebrate with Jesus.'

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Last Monday, we held our EYFS Welcome Service. It was a lovely occasion where the children shared some of their learning and spoke about what they enjoy most about school. Thank you to Fr Norbert for leading the service and to all who attended in support of our youngest pupils as they begin their journey at Holy Family. Last Friday, we were pleased to welcome Mr Carrasco, Headteacher of the Saint John Henry Newman School, who spoke with our Year 5 and Year 6 pupils about the move to secondary school. It continues to be encouraging to see so many families choosing to continue their Catholic education as children take this next step.

We have enjoyed a busy and active few weeks, with a wide range of clubs and sporting opportunities on offer. Many of these after-school clubs are run voluntarily by staff who give their time to provide extra experiences for our pupils, and this is greatly appreciated. These opportunities make a real difference to children's confidence and enjoyment of school life. A list of new clubs for next half term will be shared shortly. Year 4 pupils took part in an athletics morning at Stanborough School, representing Holy Family brilliantly and showing excellent teamwork and effort. Our Year 5 and Year 6 girls also took part in a local girls' tag rugby event, which gave them the chance to develop new skills while promoting participation and confidence in girls' sport.

On Tuesday, we were pleased to welcome Pat Murden, CEO of our trust, DoWAT, on his first visit since we joined. He spent time looking around the school and meeting pupils and staff. It was inspiring to hear his vision for the trust and to reflect on the important part our school plays within that wider mission. He was full of praise for our pupils, commenting on their confidence, politeness, and enthusiasm for learning.

Today, we supported Young Minds Mental Health Awareness Day by inviting pupils to wear something yellow to highlight the importance of mental health and wellbeing. As a school, we understand how important this is and are fortunate to have Mrs Murphy, our Wellbeing Practitioner, who supports pupils across the school. Finally, today our Year 6 pupils attended a retreat day at Aylesford with Our Lady's School, led by Fr Norbert. They celebrated Mass and took time for reflection and discussion, helping them to prepare for the challenges and opportunities of their final year at Holy Family. It was wonderful to share this special day with them.

God bless, Mrs Linnane

Upcoming Events

October

14th – 2.45pm Y5 Topic
Celeb

15th – 2.45pm Nursery &
Y4 Topic Celeb

16th – 2.45pm Reception
Topic Celeb

17th – 9.15am Harvest
Mass

17th – 2.45pm Y2 & Y6
Topic Celeb

22nd-23rd - Parent
consultation evenings

24th - INSET day

27th-31st – Half term
holiday

**For regular news, updates
and photos about life at our
school!**

Please see our website:

www.hollyfamily.herts.sch.uk

Facebook:

[TheHolyFamilySchoolWGC](https://www.facebook.com/TheHolyFamilySchoolWGC)

Twitter: [@hollyfamilyWGC](https://twitter.com/hollyfamilyWGC)



Stars of the week

Rec	Filip
Year 1	Tiwatope
Year 2	Vivienne
Year 3	Maddison
Year 4	Adam
Year 5	Zida

Nursery

The children enjoyed listening to the story 'We're going on a bear hunt'. During their outdoor learning lesson, the children then went on their own bear hunt. They created an obstacle course in the woods where they had to practise their balancing, crawling and running.



Reception

In Reception, we have been busy creating self-portraits to remember that God made us all different and each of us very special.



Year 1

In maths we have made group number lines to 20 and we used our number lines to add two numbers by finding the first number on the line and then jumping through the numbers to find the answers.

In our Geography lessons we have been exploring maps. We have made maps of the classroom and maps of our playground. We have enjoyed working with partners for this. Next week we are going to think about what we like in our playground and what new things we would like to add.



Year 2

In our Geography lessons over the last few weeks we have been exploring the theme of hot and cold places. In our lesson this week we spoke about climates and learnt that the UK is a temperate climate. We then spoke about how weather is something that changes quickly and climate is what the conditions are like more long term. We then went outside and investigate what the weather conditions are like in Welwyn Garden City.





Class Topic Celebrations

Please join us for Topic Celebrations before half term! These sessions will be held in your child's classroom and give you an opportunity to see what they have been working on this half term. Topic celebrations will start at 2.45pm and will last around 20 minutes.

- **Tuesday 14th October - Year 5**
- **Wednesday 15th October - Nursery and Year 4**
- **Thursday 16th October - Reception**
- **Friday 17th October - Year 2 and Year 6**



Please note, Year 1 and Year 3 will have their Topic Celebrations after half term.

Parent volunteers needed – could you lead a club?

We have been so fortunate being able to host many wonderful, free after school clubs for children of all ages at our school. To help strengthen our offering, we are wondering if there are any talented and willing parents who could volunteer to run an after school club for half a term?

The club could be focused on anything - from gardening to sewing, woodwork skills to board games or creative writing to languages. All ideas are welcome! This club would run from the start of January until February half term (6 weeks) after school from 3.15pm -4.15pm. If you have any ideas, we would love to hear from you! Please contact the school office on admin@holyfamily.herts.sch.uk



Success for Tag Rugby team!

On Wednesday a group of girls from Years 5 & 6 played in the Welwyn Schools Girls' Tag Rugby Festival. They had a fantastic time and were victorious in many of their games – an incredible effort considering this was the first time many of the girls had played rugby! Well done girls for representing Holy Family with pride and showing great respect to other players throughout the event.



School lunches menu change & photos

After half term there will be a menu change for school lunches, you will see this go live on the [School Grid](#) at the end of October.

HCL who organise our school catering, have shared [this useful link](#) which takes you to a webpage of photos showing all of our lunch options – we hope this is useful for you and your child(ren) when selecting school meals.



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 <i>Booked via Arbor & queries to school office</i>	Organised by external providers <i>Check sign up details, times and prices for each club</i>
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. 01707 375518

Notices and flyers from the local community which may be of interest

OCTOBER 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT
CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
2nd Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
2nd Thu	Trampolining -Gosling sports centre 5+	17.30-18.30
3rd Fri	Welcome Space Community Drop-In	11.00-12.30
4th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
10th Fri	Welcome Space Community Drop-In	10.00-12.30
10th Fri	Youth Group 16 +	18.30-20.30
11th Sat	Soft Archery 8+ Birchwood	16.00-17.00
16th Thur	Trampolining -Gosling sports centre 5+	17.30-18.30
17th Fri	Welcome Space Community Drop-In	11.00-12.30
18th Sat	Basketball 8+ Birchwood	16.00-17.00
21st Tue	Roller skating Campus West	18.00-19.30
23rd Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
24th Fri	Welcome Space Community Drop-In	11.00-12.30
24th Fri	Skateboarding Pioneer Club Age 9+ yrs	17.30-18.30
25th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
25th Sat	Train Club PK Hub Age 12+	12.00-14.00

**POTENTIAL
KIDS**
BOOKINGS at
potentialkids.org.uk/events



Pony Days
(holidays only)

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

Communication,
Learning & Social
Support for All



Visit us here



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

the galleria

CCN
Local Council
Nursery & Early Years
Foundation



Herefordshire
Community
Foundation
Partnership

The organisers of our Cookery Club are running some cookery workshops during October half term – please see details below and contact details should you wish to book.



Recipes are all made from scratch using fresh ingredients. All meals can be made vegetarian upon request.

Tuesday 28th October

AM: Homemade Crumpets with Greek yoghurt and Fruit

Treat: Chocolate chip cookies

PM: Breaded chicken burger with chips and coleslaw

Wednesday 29th October

AM: Pizza

Treat: Banana Bread with chocolate chips

PM: Cottage Pie

Thursday 30th October

AM: Fluffy American Pancakes with bacon and maple syrup

Treat: Brownies

PM: Creamy Chicken Korma with rice and homemade flatbreads

All food and equipment is provided and children will be provided with recipe cards and a container to take their food home; they'll want to show off what they've made!

Prices are £55.00 per workshop – payment to be made in full.

Please be advised that we do not offer refunds.

**Workshops are held at Goffs-Churchgate Academy, College Road, Cheshunt.
Our day runs from 9am – 3pm (Drop off and collect)**

October Half Term 2025

For more information and to book please do contact me:

Phone: Louise Penn 07946 303213

Email: louise@everyonecooks.co.uk

Website: www.everyone-cooks.com

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College

Dates for the Diary

October

- 14th – 2.45pm Y5 Topic Celebration
- 15th – 2.45pm Nursery & Y4 Topic Celebration
- 16th – 2.45pm Reception Topic Celebration
- 17th – 9.15am Harvest Mass
- 17th – 2.45pm Y2 & Y6 Topic Celebration
- 22nd & 23rd – 3.30-6.30pm Parent consultation evenings
- 24th – INSET day
- 27th-31st – Half term holidays

November

- 3rd – Return to school
- 12th – 2.30pm Year 5 class mass
- 14th – Flu Immunisations
- 17th – Y4 trip to Verulamium Museum
- 25th – Y2 Victorian Workshop

