

Newsletter Spring Term Week 3
Friday 23rd January 2026



Holy Family Catholic Primary School

*Jesus said "Let the children come to me"
We live and learn and love in his way.*

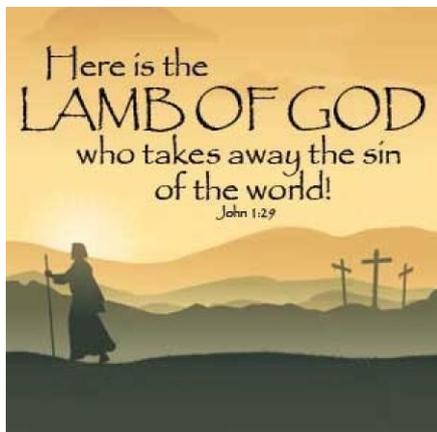
Spotlight on Year 5





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We live and learn and love in his way.*

Catholic Life and Mission



This week's Mission

How can you be witnesses for Jesus through your words and actions this week?

This week's Mission

In John's Gospel (1:29-34) we heard how John the Baptist knew Jesus' true identity and called him the Lamb of God. When he saw Jesus, he recognised that the Son of God was among them!

Knowing people well changes our response to them. As people got to know Jesus, like John they were inspired to follow Him, to live in His way, and tell others about Him. Knowing Jesus changes us so we look to Jesus as a model for all we say and do. How can we be witnesses to Christ in our daily lives?

Prepare for this Sunday's Gospel:

Each week we share the Wednesday word for you to prepare with your children for the upcoming Gospel of the week. **This Sunday the Gospel is from Matthew 4:12-23**, where we hear about Jesus starting to gather together the first Christian community. See this lovely quote from St Teresa.

[For further information click this link for the Wednesday word](#)

[Link for Parish newsletter](#)

*"Community is the place where love is proven, where we learn to forgive, to begin again, and to serve one another."
St. Teresa of Calcutta (Mother Teresa)*

Data Collection



The Data that we hold for your child/ren is very important in case of an emergency we need to hold the correct emergency contact number, your address and other information, please can I remind you all to check over the data on the Sims parent Lite app, if you have any problems accessing this, please let the school office know.

Supervisory Assistant Vacancy

We are looking for a casual, reliable and caring Supervisory Assistant to supervise our children during lunch times. We currently have one vacancy to cover sickness absence. The hours could range from 1.25 to 6.25 hours per week, Monday to Friday (term time only). If you are interested or wish to find out more, please call the school office and ask for an application form.

Live Simply

After us successfully gaining the Live simply award last week please can we remind you of what this was all about and how we will continue to put these things into our daily lives:



LiveSimply

Live Simply

Take action towards living a simpler lifestyle.

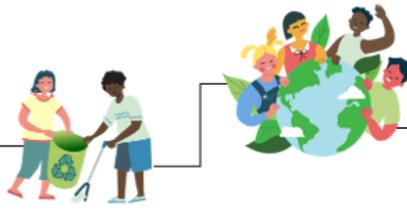
- ❖ Spend more time in prayer & reflection.
- ❖ Spend time in nature, appreciating God's creation.
- ❖ Spend quality time with others.



Live Sustainably

Take action towards protecting God's creation.

- ❖ refuse, reduce, reuse, repurpose, re-gift, repair, recycle.
- ❖ support the work of eco clubs, and other eco initiatives.
- ❖ taking environmentally positive action.



Live in Solidarity

Take direct action to support our sisters and brothers.

- ❖ Campaign action to raise awareness or challenge injustice.
- ❖ Fundraising to help communities in need.
- ❖ Additional direct actions that support others.



Can I also remind you to continue to recycle and use the bins on the school playground for those items that can't go in your blue lidded bin at home – see below for what can go in:

Cakes and Biscuit wrappers & Multi packs

Bread bags

We are still **recycling batteries** and sending them off to get money off books – this box is in the main reception.

Boot Fund

Please contact the school office if you are a low-income family as you may be eligible for The Coventry Boot Fund. The deadline for all applicants is Tuesday 3rd February and the second consignment is Tuesday 12th May.

Football Match Report

Holy Family Boys' Football Squad returned to action yesterday afternoon with an outstanding 6–0 victory over St Mary's and St Benedict's Primary in the Catholic Cup, securing progression to the next round.

Despite it being their first game in a while, the boys showed no signs of being off the pace, starting strongly and controlling the match from the opening whistle. Connor was a constant threat going forward, producing countless attacking dribbles and capping off his performance with a well-deserved goal. Caiden was sharp in front of goal, tucking away a couple of very well-taken finishes.

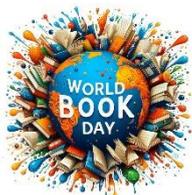
Ronan enjoyed a dream debut, playing his heart out and marking the occasion with a goal of his own, while Ollie also got on the scoresheet with a deserved finish. Defensively, the team were excellent throughout, with a solid back line and Reggie in goal combining superbly to keep a well-earned clean sheet.

The opposition selected Holy Family captain Liam as Man of the Match — a fully deserved choice. Liam ran non-stop, produced excellent defensive work, kept possession under pressure and consistently helped set up attacks, leading by example in every area of the pitch.

A fantastic all-round team performance and a great result for Holy Family.

Netball Match Report

Holy Family Netball Squad played their second game against St Patrick's Primary and showed fantastic effort throughout despite the score line. The girls worked really well as a team, never gave up, and showed great resilience from start to finish. For only their second time playing together, they displayed a good level of netball skills, teamwork, and determination. We are incredibly proud of how hard they tried and how they supported one another on the court. Well done, Holy Family!



World Book Day

On **Thursday 5th March** to celebrate World Book Day, children can come into school wearing their favourite pyjamas and can bring in their favourite book.

A Morning of Science at Cardinal Newman

As part of their transition programme, pupils in Year 5CW enjoyed an exciting morning of science at Cardinal Newman Catholic Secondary School. Students had the chance to step into a *real* science laboratory, experiencing first-hand what it's like to work with professional scientific equipment. From handling specialist apparatus to carrying out practical investigations, pupils explored how scientists use evidence and observation to draw clear, thoughtful conclusions.

This hands-on session not only built confidence but also sparked curiosity—giving pupils a glimpse of the engaging and challenging science learning that awaits them in secondary school.

A huge thank you to the Year 12 student helpers and the science teachers who guided the activities with such enthusiasm and care. Their support made the morning a fantastic opportunity for all involved.

Year 5M are going to love this experience too when they go on Thursday 5th February!

Upcoming events:

Spring Parent's Evenings

Please save the following dates in your diary for the Spring terms parent's evenings. You will be notified once the booking system is open.

**** Please note the change with Y4R****

Y6 Tues 25th February 5.30pm & Thurs 26th February 3.30pm

YN – Y5 Tuesday 24th March 5.30pm -7.30pm

(Y4R only Wednesday 25th March 3.30pm-5.30pm)

YN - Y5 (excludes Y4R) Thursday 26th March 3.30pm-5.30pm



Music Appreciation

This week we continue with the artist Ed Sheeran and have enjoyed listening to his song 'Galway Girl'.



See flyers below for useful courses and information.

Have a lovely weekend.

Mrs G Griffiths

Headteacher

					
YRH	Caoilinn	Y3C	Joel		
Y2N	Arlo	Y4R	Aiyanna		
		Y5CW	Ellie-Mai		
		Y6ST	Simona		
WE HOPE YOU ALL HAVE A LOVELY BIRTHDAY					

		Attendance for this week					
		Whole School attendance 94.5%					
	YR	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Attendance	93.6%	94.1%	95.5%	95.6%	96.2%	94.9%	94%
Congratulations to Y4 for the highest attendance of 96.2% this week!							



Artsmark
Gold Award
Awarded by Arts
Council England



HEAD TEACHERS MERIT

Y6 Mrs Tompkins

Ivy Quinn
Lucy Roberts



Y6 Miss Thompson

Brooke-Lynn Townsley
Jemima Waithaka

Y5 Mrs Corr-Wilson

Brooklyn Colson
Maddison Beddow

Y5 Mrs Mariadoss

Maja Mycek
Emmie Girling

Y4 Mr Richardson

Luca Gough
Amelia Hamlin

Y4 Mrs Ward

Elsie Afful
Harper Ormesher

Y3 Mrs Nicholls & Mrs Newman

Jack Toogood
Hannah Szymanska

Y3 Miss Clyde

Treasure Aneke
Kavithan Nicholapillai

Y2 Mrs Marlowe

Xavier Nwezeh-Evans
Franek Wiacek

Y2 Mr Newell

Arie Belgrave
Ethan McCarthy

Y1 Mrs Parkes &

Mrs Twycross

Jayden Awotwe
Daniel Toogood

Y1 Miss Brown

Jack Walsh
Anthony Nally

YRH Miss Heaphy

Eden Williams
Ada Harvey

YRMcG Miss McGrath

Halle Craig
David Gonsalves

Nursery Superstars

Lissie-Bella Clark
Henryk Wiacek

*Well done to all of you for
your hard work this week!*

Selective Mutism Family Groups



Parents and carers are warmly invited to attend our *Selective Mutism Family Group*, a remote session delivered via **Microsoft Teams**, designed specifically for Coventry families of children and young people with Selective Mutism. **These sessions are for adults only and are not suitable for children or young people to attend.**

The group is jointly facilitated by practitioners from Coventry Educational Psychology Service and the Children's Speech and Language Therapy Service.

Sessions offer a safe and supportive space to talk about Selective Mutism and to share ideas and lived experiences.

This is not a therapy session. There is no pressure to speak, and participants are welcome to join in whatever way feels comfortable. You can contribute to discussions, use the chat function, or simply listen with your camera and microphone turned off.

Spring Term 2026 Sessions (held online via Microsoft Teams):

To join a group, please use the details below or visit <https://bookwhen.com/parent-carer-training-sessions>.

 Tuesday 10th February – 4:00 – 5:00pm	Meeting ID: 390 488 688 285 68 Passcode: ue7Xi7T4	
 Tuesday 17th March – 4:00–5:00pm	Meeting ID: 353 483 689 791 48 Passcode: 7Kd2c5Pq	

We look forward to welcoming you.

COVENTRY SCHOOL NURSING NEWSLETTER

Primary Schools

Happy New Year!

Happy New Year from the entire School Nursing Team!

We hope that everyone enjoyed a lovely festive break and is now settling back into the school routine.

The school nursing service operates **Monday to Friday 9 am - 5 pm**, excluding public and bank holidays. You can reach us using the contact details provided below:

Phone: **01926 495321 Ext 7494**

Or text us via  ChatHealth

07507 329 114 (Parent Line)

Here's a reminder of what the School Nursing team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional/Mental health
- Managing behaviour
- Hygiene

Winter Water Safety

Cold weather makes rivers, canals and ponds more dangerous. If you're out walking, remember:

-  Stay off the ice
-  Keep back from the edge
-  Keep children and dogs close
-  In an emergency, call 999
-  If you fall in: float on your back & shout for help

Stay safe this winter 

 More tips:

[Royal Life Saving Society UK](http://www.royallifesavingsociety.org.uk)

Staying Active During the Winter

Keeping children active during winter can be tricky, but it's important for their overall health and happiness. Regular movement improves both mind and body.

Here are some tips to help make exercise more fun during the colder months:

- **Winter Scavenger Hunt** - search for animal tracks and wildlife
- **Plan a Snack Stop** - Bring along some hot chocolate or warm milk, along with a healthy snack.
- **Go Geocaching** - www.geocaching.com
- **Winter crafts** - collect items for a winter potion or winter-themed arts and crafts.

For more ideas, check out the Woodland Trust website: [9 Fun Ideas for Family Winter Walks - Woodland Trust](https://www.woodlandtrust.co.uk/ideas-for-family-winter-walks)

Can't Get Outdoors?

Movement and exercise can be done indoors using online resources, creating obstacle courses, or simply turning on some music for dancing.

Here are some helpful online resources:

- **Activities for Kids - NHS Healthier Families**
- **Activate with Joe - YouTube - [https://www.youtube.com](https://www.youtube.com/watch?v=9Fm1111111)**

For more support with exercise and healthy living for your family, contact the **Be Active Be Healthy Team** - linktr.ee/be_active_be_healthy_team

Free Online Learning for Families from TOGETHERNESS

Coventry City Council offers families free access to Togetherness resources for family wellbeing. Parents, carers, grandparents, and young people can learn from NHS experts and other parents to better understand and manage emotions. Visit the **Togetherness** website and use the access code: **SPIRES3** for more information.

Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

 **01926 495321 Ext 7494**

 swg-tr.contactschoolnursescoventry@nhs.net

Text via  ChatHealth
07507 329 114 (Parent Line)

 Linktree*

<https://linktr.ee/coventryschoolnursing>

 **Coventry School Nursing Team**

 **COVSCHOOLNURSES**



COVENTRY SCHOOL NURSING NEWSLETTER

Primary Schools

Awareness Days January to March 2026



Children's Mental Health Week

Place2Be's Children's Mental Health Week 2026 is due to take place 9th - 15th February 2026. This year's theme is "This is My Place" which is all about highlighting how important it is to support the people and systems around our children so they can grow up in welcoming, supportive environments where they feel like they truly belong and can say, "This is My Place".

Eating Disorders Awareness Week

Eating Disorders Awareness Week runs from Monday, 23rd February to Sunday, 1st March 2026. It focuses on the loneliness experienced by children and young people dealing with eating disorders. BEAT emphasises the importance of community, family, and support networks in helping individuals feel supported and understood as they work towards recovery.

National Storytelling Week

National Storytelling Week takes place from 1st - 9th February to celebrate storytelling and is organised by the Society for Storytelling. The week aims to encourage the sharing of stories and the impact they can have. Storytelling has lots of benefits to children, giving a learning opportunity about things such as kindness and bravery. It helps children understand emotions by encouraging feelings like laughter and sadness. It can also enhance imagination and creativity, and give you wonderful bonding opportunity with your children.

Cold Weather & Child Health

Colder weather can affect children's health, particularly those with asthma, eczema, or other long-term conditions. Here are some tips to keep in mind:

- **Hydration and Nutritious Meals** - Help children stay comfortable by keeping them hydrated and eating healthy.
- **Indoor Temperature** - Remember to keep indoor temperatures at least 18°C to create a comfortable and cosy environment.
- **Layer Clothing** - Dress children in layers for their journey to and from school.
- **Warm Accessories** - Dress them in warm coats, gloves, and hats.
- **Ventilation** - Ensure proper ventilation while keeping spaces warm.



Health Awareness

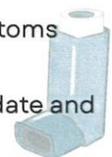
Be mindful of when your child should stay at home and keep children home if they have:

- A high temperature
- Vomiting or diarrhoea (must be symptom-free for 48 hours before returning)
- Are too unwell to take part in normal school activities

Asthma, Eczema & Winter Conditions

Cold air and indoor heating can make symptoms worse. Things to remember...

- **Inhalers:** Ensure that inhalers are up-to-date and accessible at school.
- **Eczema Management:** Moisturise skin regularly to manage eczema.
- **Asthma Care:** Illness can trigger asthma flare-ups, so quick management is essential.



For more information, visit: ukhsa.blog.gov.uk/a-parents-guide-to-keeping-kids-healthy-this-school-year/

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Linktree*

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Coventry School
Nursing Team



GOVSCHOOLNURSES



Artsmark
Gold Award
Awarded by Arts
Council England

