

Springhill Catholic Primary School

3rd October 2025

www.springhillcatholic.net
info@springhillcatholic.net
Tel: 023 8033 3954
(office hours 8:30am—4:30pm)



Together we will do our best for Jesus

“The water that I will give them will become a spring of water within, welling up to eternal life.” - John 4:14

Dear Parents and Carers,

The children have been so excited to use the new MUGA this week.

Wonderful News:

Mrs Szasz, who taught in Foundation last year, has given birth to a baby boy. A huge congratulations to Mrs Szasz and her family. We can't wait to meet baby Teddy.

Online Safety:

Miss Gallagher, our Computing Leader, has recorded a video for parents on supporting your child being safe online. It is aimed at the Key Stage 2 age but it is worth all parents watching so they are ready to support their child as they become more independent online. The video is 12 minutes long and can be watched when it suits you best. It can be accessed here:

<https://springhill.ovw8.juniperwebsites.co.uk/page/?title=Online+Safety&pid=37>

Reminder - Harvest Festival – Monday 6th October:

Next Monday is our school Harvest Festival celebration. We'd love children to come to school with one of the items below which will be used for our local community:

- Tinned meals e.g. macaroni cheese/pies/beans & sausages/ hot dogs/spaghetti bolognaise etc.
- Crisps/sweet treats/chocolate
- Tea/coffee
- Breakfast cereals
- Rice/noodles
- Toiletries i.e. shampoo/conditioner/body wash/shower gel/ toothbrushes/toothpaste/deodorants (male and female)

Have a wonderful weekend.

Kind regards,
Mrs Ashworth
Head Teacher

Winning house this week



Working together to improve
attendance
Target 97% and above

Year Group Summary
w/c: 29/09/2025

Year F - 98.90%
Year 1 - 97.11%
Year 2 - 97.83%
Year 3 - 98.89%
Year 4 - 97.82%
Year 5 - 97.80%
Year 6 - 96.80%



20 is plenty!

Children who read for 20 minutes a day...

- Will have a world of imagination & creativity opened to them
- Will be exposed to 1.8 million words a year
- Will have better general knowledge
- Will improve their critical thinking skills
- Will improve their communication skills
- Will have a broad vocabulary
- Will have reduced stress levels
- Will learn how to develop empathy
- Will improve their test results



Springhill Catholic Primary School



Dates:

Monday 6th October Harvest Festival
Black History Month – October



Reminder:

Rotary Shoebox Appeal: Thank you to all who have kindly returned filled shoeboxes. The deadline for returning boxes is **Friday 17th October, 9:00am**. Please return any unused boxes.



Lunch Menu:

Week 1 Summer Menu - Weeks commencing: 21st April, 12th May, 9th and 30th June, 21st July, 15th Sept, 6th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue choice	RED TRACTOR MEAT Pork sausages with mashed potato <i>PUPIL FAVOURITE</i>	PIZZA TUESDAY Mighty meaty pizza <i>WHOLEMEAL PIZZA BASE</i>	PUPIL FAVOURITE Cauliflower mac 'n' cheese with garlic bread <i>WITH ADDED GARLIC/ONION</i>	ROAST OF THE DAY Roast chicken <i>ROAST THURSDAY</i>	FISHY FRIDAY! Fish fingers and chips <i>MSC APPROVED</i>
Yellow choice	HOMEMADE TOMATO SAUCE Mini chickpea falafels in tomato sauce with rice <i>BLEND OF BEANS AND WHITE RICE</i>	PIZZA TUESDAY Cheese & tomato pizza <i>WHOLEMEAL PIZZA BASE</i>	QUORN NUGGETS Quorn nuggets and potato of the day <i>FAVOURITE DRINK</i>	INCLUDES QUORN Quorn sausage turnover <i>RETURNING FAVOURITE</i>	NEW DISH Mexican fajita rice <i>AUTHENTIC FLAVOURS</i>
Purple choice	JACKET POTATO WITH SAUSAGE & BEANS Jacket potato with cheese, tuna, baked beans or coleslaw <i>OFFERED DAILY!</i>	JACKET POTATO WITH SAUSAGE & BEANS Jacket potato with cheese, tuna, baked beans or coleslaw <i>OFFERED DAILY!</i>	JACKET POTATO WITH SAUSAGE & BEANS Jacket potato cheese, tuna, baked beans or coleslaw <i>OFFERED DAILY!</i>	JACKET POTATO WITH SAUSAGE & BEANS Jacket potato with cheese, tuna, baked beans or coleslaw <i>OFFERED DAILY!</i>	JACKET POTATO WITH SAUSAGE & BEANS Jacket potato with cheese, tuna, baked beans or coleslaw <i>OFFERED DAILY!</i>
Orange choice	PACKED LUNCH OPTION Cheese roll or half baguette	HAM BAGUETTE Ham roll or half baguette <i>PACKED LUNCH OPTION</i>	CHEESE BAGUETTE Cheese roll or half baguette <i>PACKED LUNCH OPTION</i>	PACKED LUNCH OPTION Tuna mayo roll or half baguette <i>PACKED LUNCH OPTION</i>	CHEESE BAGUETTE Cheese roll or half baguette <i>PACKED LUNCH OPTION</i>
Dessert	Ice cream Seasonal fruit or yoghurt	Iced cookie Seasonal fruit or yoghurt	Fruit cupcake with buttercream Seasonal fruit or yoghurt	Jelly, whip or custard pot Seasonal fruit or yoghurt	Fruit swirl Seasonal fruit or yoghurt

The Weekly Springhill TTRS Results!



Most Valuable Players:

YG	1 st	2 nd	3 rd
3	Luigi	Oli	Michal
4	Emmanuel	Ronel	Sia
5	Kamso	Anderson	Daniel
6	Natalia	Jason	Khye

Well done to all of the players above for working extremely hard.

Class vs Class:

YG	1 st	2 nd	3 rd
3	3NC	3MD	3BM
4	4SW	4JW	4MR
5	5PA	5LP	5JP
6	6GA	6JS	6LK

Remember! 😊

The winning class from each year group will be the class with the most active players.





Online Safety:

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.

What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

DON'T WAIT, REACH OUT EARLY

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithmell is an award-winning educator, author of *The Digital Ecosystem*, and founder of EdRupture and Digital Bridge. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



The National College®



Head Teacher Award

Finn - Year 5
Sidney - Year 5

Deputy Head Teacher Award

Dawid - 2JH

Assistant Head Teacher Award

Michael - Year 3
Imogen - Year 4
Patrick - Year 4
Alice - Year 6
Orlaith - Year 6

Teacher Award

FEG	Estalene	Charlotte
FDH	Yvonne	Leon
FCL	Lena	Gioele
1DB	Ivana	Sapphire
1KG	Chichi	Eris
1SL	Gabriel	Mia
2JH	Mia	Ivy
2LW	Jaise	Lucas
2EW	Khloe	Kayon
3BM	Eden	Mildred
3MD	Tiana	Joshy
3NC	Julian	Moni
4SW	Trinabh	Rapha
4MR	Laune	Vanessa
4JW	Mason	Charles
5LP	Kosi	Kavin
5JP	Ebube	Oliver F
5PA	Samuel	Lia
6JS	Gabi	Amelia
6GA	Chief	Nina
6LK	Halyn	Patrik



Doing Our Best for Jesus Certificates

FDH	Evie
FCL	Maja
FEG	Samantha
1DB	Aiden
1KG	Levente
1SL	Eve
2EW	Junior
2LW	Arianna
2JH	Ellie
3NC	Rain
3MD	Wiktor
3BM	Kacper
4MR	Isaac
4SW	Olivia
4JW	Yara
5LP	Joseph
5JP	Dami
5PA	Grace
6JS	Sara
6GA	Teresa
6LK	Irene

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Parents' Association:

AGM

We held our AGM on Wednesday, and it was fantastic to see such strong attendance! During the meeting, we reviewed the past year, set our fundraising goals for the year ahead, and confirmed our officers.

We're delighted to announce that our Co-Chairs for this year are Ed Szram and Mel Froud. Huge thanks to Ed and Mel for stepping up to the team! The minutes of the AGM, along with announcements of all other officer roles, will be published in next week's newsletter. Here's to a successful year of fundraising ahead!

Uniform Sale

A huge thank you to everyone who donated to our latest pre-loved uniform sale — it was another great success! Well done to all who managed to bag a bargain. Your generous contributions make a real difference in supporting our school community and ensuring every student has access to clean, quality uniforms. Our next sale is planned for next term, so please hang on to any uniform items your children have outgrown — we'll be glad to receive them! Thank you again for your continued support!

And don't forget our teddy bear's party next Friday 10th October.

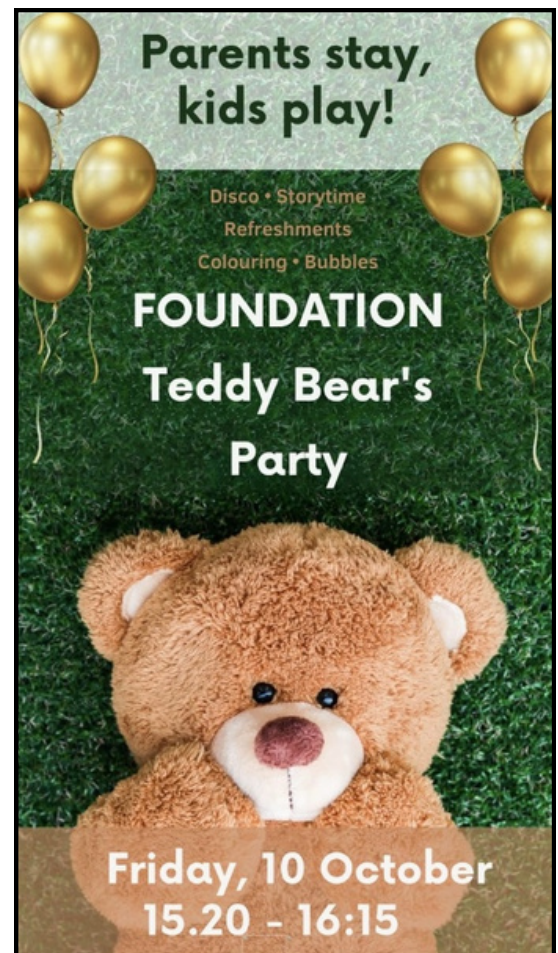
Springhill Parents' and Friends' Association

C/o Springhill Catholic Primary School
Milton Road
Southampton
SO15 2HW

Registered Charity Number 1147247.

Raise funds with shopping:

<https://www.easyfundraising.org.uk/causes/springhillcatholic/>





Suns Basketball Club:

SOUTHAMPTON SUNS BASKETBALL CLUB








DEVELOPMENT SESSIONS

U10'S

REDBRIDGE COMMUNITY
FRIDAY
5-6PM

U10'S

REDBRIDGE COMMUNITY
FRIDAY
5-6PM

U12'S + U14'S

REDBRIDGE COMMUNITY
WEDNESDAY
5-6PM

U14'S + U16'S

REDBRIDGE COMMUNITY
WEDNESDAY
6-7PM

ADULTS SESSIONS

REDBRIDGE COMMUNITY
MONDAY
6-7PM

CVL SESSIONS

U10'S

REDBRIDGE COMMUNITY
THURSDAY
5-6PM

U12'S

REDBRIDGE COMMUNITY
THURSDAY
5-6PM

U14'S

REDBRIDGE COMMUNITY
MONDAY
5-6PM




JNL

U14 + U16S



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Springhill Catholic Primary School



Polish Club:

Polish After-School Club for children in years 1-6 in the Autumn term

YOU CAN STILL SIGN UP YOUR CHILD!

It has been a joy to see so many children with Polish as their home language joining our Polish Club in years 1 to 6! At the club, children have an opportunity to develop their Polish language skills further and learn about the Polish culture through fun educational activities.

You can still sign up your child for the Polish Club for the the Autumn term, by contacting the teachers:

a.wojcikpolishclub@gmail.com (years 1-3)

ewelina.j.zalewska@gmail.com (years 4-6)

The price is £7 per child per session and payment is made half-termly in advance.

For more information, please see the posters below (in English and in Polish).

Polski Klub – rok szkolny 2025-26

Zapraszamy do zapisywania dzieci do Polskiego Klubu na semester Autumn 1.

Zajęcia dla dzieci w klasach 1- 6 będą się odbywać w piątki po szkole w godzinach 15.15-16.15 w 2 grupach:

Młodsza Grupa (klasy 1,2 i 3)

Nauczyciel: Agnieszka Wojcik

Kontakt: a.wojcikpolishclub@gmail.com

Starsza Grupa (klasy 4, 5 i 6)

Nauczyciel: Ewelina Zalewska

Kontakt: ewelina.j.zalewska@gmail.com

W celu zapisania dziecka, prosimy o kontakt z nauczycielem.

Zajęcia rozpoczynają się w **piątek 12 września 2025.**

Cena: £7 za godzinę zajęć za 1 dziecko, płatne z góry za half term. Szczegóły u nauczycielek.



Polish Club – Academic Year 2025-26

It is still possible to sign up your child for the Polish Club in Autumn 1. The club is designed for children whose first language is Polish.

It will continue to take place on Fridays 3.15pm to 4.15 pm, in 2 groups:

Younger Group (years 1,2 and 3)

Teacher: Agnieszka Wojcik

Contact: a.wojcikpolishclub@gmail.com

Older Group (years 4, 5 and 6)

Teacher: Ewelina Zalewska

Contact: ewelina.j.zalewska@gmail.com

Please contact the relevant teacher to sign up.

The first session will take place on **Friday 12th September 2025.**

Cost: £7 per session per child, paid upfront for the half term. For details, please contact the teachers.





Superstar Sports Half-term Holiday Course :

OCTOBER HALF TERM

HOLIDAY COURSES

FOOTBALL, MULTI-SPORTS, PERFORMING ARTS, GYMNASTICS,
INFLATABLES, CRAFTS AND MUCH MORE!

YOU WILL NEED TO BRING A PACKED LUNCH, WATER BOTTLE &
COAT

VENUE	SPRINGHILL PRIMARY SCHOOL
DATES	27TH OCTOBER - 31ST OCTOBER
AGES	4 - 12 YEAR OLDS
PRICE	£20 PER DAY
TIME	9 AM - 3 PM
OUT OF HOURS	8-9 AM £6 (BREAKFAST INCLUDED) 3-4.30 PM £6

**10%
SIBLING
DISCOUNT**

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CHILDCARE
VOUCHERS
ACCEPTED**

bookings.superstarsportsuk.co.uk

02382 127331



Eastleigh FC Half-term Holiday Course :

EASTLEIGH FC

OCTOBER
HALF TERM HOLIDAY COURSES

EASTLEIGH FOOTBALL CLUB,
STONEHAM LANE, SO50 9HT
9AM-3PM | AGES 5-14

FREE TICKETS AVAILABLE FOR FIRST TEAM GAMES!
FUN FOOTBALL PRIZES
MEET FIRST-TEAM PLAYERS

BOOK YOUR PLACE ONLINE

SCAN HERE

ANY QUESTIONS? CONTACT JOSH

JNACE@EASTLEIGHFC.COM

🚀🏆 Calling all young football superstars! 🏆🚀

This October half term, Eastleigh FC is turning up the fun with our Holiday Football Courses – and YOU'RE invited!

- 🌟 Play like the pros
- 🌟 Win awesome football prizes 🏆
- 🌟 Meet first-team players ❤️
- 🌟 Even grab FREE tickets to watch Eastleigh FC in action! 🎫

📍 Eastleigh Football Club, Stoneham Lane, SO50 9HT

🕒 9AM – 3PM | Ages 5–14

It's the ultimate half-term football adventure – skills, goals, new friends, and loads of fun packed into every day!

📱 Scan the QR code on the poster and book your spot today before they're gone!

Any Questions ? - Contact Josh : jnace@eastleighfc.com



Support Groups:

October 2025



**HAMPSHIRE
PARENT CARER
NETWORK**
enabling voices to be heard

Get Together



2nd October, 10 -12pm: Fleet Get Together- Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -

8th October, 10-12pm : Basingstoke Get Together - The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ ****SENDIASS ATTENDING to offer 1:1 support****

14th October, 10-12pm: Havant Get Together - Horizon Havant , Civic Centre Road, Havant, Hampshire, PO9 2AY

21st October, 10-12pm: Eastleigh Get Together - St Francis Hall, Nightingale Avenue SO50 9JH

22nd October, 8-9pm: online Evening Get Together - - Meeting ID: 890 6612 2644 Passcode: GT

- Connect with other parent carers
- Relax over a cuppa in a friendly, non-judgemental space
- Share experiences & local issues
- Give feedback on services supporting your children & young people

This month Hampshire SENDIASS will be attending the **Basingstoke** session. They will be available to offer 1:1 time to discuss your personal journey and will offer in the moment guidance to help your young person 0-25.



For more information please
contact: participation@hpcn.org.uk

Next week at Re:Minds... 6th - 10th October 2025

Shirley Evening Support Group
Monday 6th October
6.30pm-7.30pm

Join us for a friendly cuppa with others who truly 'get it'

Meet fellow parents/carers, chat about the ups & downs of neurodiversity and mental health in our children, share experiences, pick up top tips and get support & advice from the Re:Minds team

No need to book, just drop in! There's no cost to attend and you'll be warmly welcomed!

You can also access the book & sensory library while you're here
This is an adults only group

Find us at:
St James Road Methodist Church, SO15 5HE
Upstairs in Room 7

Access is from the rear of the church via the car park
Please let us know if you need to use the lift

Autism Advice Clinic

Tuesday 7th October 10.30am

Book a private, 10 minute virtual Zoom appointment to speak with a clinician about any issues related to Autism

The clinic is led by the Southampton Autism Assessment Service

✉ **Email info@reminds.org.uk to book**

ReCharge & Refresh

11-1, Wednesday 8th of October 2025

A chance to think about your own wellbeing

Craft activities

Handmade painting

Games with Board in the City

Refreshments

Pomping with Roger's Bubbles & Lush

A chance to chat with the team!

Bau/Reflexology

Quiet Room

For all Reminds parents and carers - adults only please!

Hall B, Upstairs, St. James Methodist Church, St James Road, Shirley, Southampton, SO15 5HE
Shirley Assessment Service

Please email info@reminds.org.uk to book your space at the clinics
No need to book to attend the support group - just drop in!



Springhill Catholic Primary School



Church News:

St Joseph's & St Edmund's



Jubilee Year 2025

St. Edmund's Church has been chosen to be one of six shrine churches that will be particular places of pilgrimage, as well as places for the granting of the indulgence in the Year of Jubilee 2025.

Our Lady of the Rosary of La Navál de Manila

During October, the month of the Holy Rosary, a special devotional initiative will take place at the side altar of Our Lady in St Edmund's Church. A petition book will be available for parishioners to write their personal intentions to Our Lady of the Rosary of La Navál de Manila to be sent to the National Shrine of Our Lady of La Navál in Quezon City, where Dominican brothers and religious will offer prayers for all the intentions submitted.

St Francis of Assisi

Saturday 4th October 2025, 11am Mass at St Edmund's Church - you are invited to join in the international celebrations of the Canticum of the Creatures.

Weekly newsletter available to view at: <https://www.southamptoncitycentrecatholics.org/newsletter>

Immaculate Conception Church



VACANCY

Parish Administrator - Immaculate Conception Church, 20-25 hrs per week

Please see the Parish newsletter for further information on the vacancy and details of regular weekly activities in the Parish.

Weekly newsletter available to view at: <https://www.immaculateconception.church/newsletter>

Springhill is a diverse community which we are proud of. If English is not your first language - you can copy and paste school emails and newsletters into google translate and they will be changed to your preferred language:

<https://translate.google.co.uk/>